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ABSTRACT

This publication is designed to assist administrators, teachers, and library personnel in selecting materials to support instruction in physical education. Information is included on: (1) physical education resources for student learning; (2) physical education curricular framework goals--comprehensive bibliography; (3) professional resources for physical education instruction; (4) physical education related journals; (5) physical education related associations and Maryland resource agencies, associations, and four-year physical education teacher preparation institutions; and (6) publishers of distributors of the materials listed under (1) and (3). (JD)

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PHYSICAL EDUCATION INSTRUCTIONAL RESOURCES



Maryland State Department of Education
Division of Library Development and Services
School Media Services Branch
200 West Baltimore Street
Baltimore, Maryland 21201
1986

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FOREWORD

Physical Education Instructional Resources is designed to assist administrators, teachers, and library personnel in selecting materials to support instruction in physical education. The documented resources refer to one or more of the three goals of the comprehensive K-12 physical education program defined in Physical Education: A Maryland Curricular Framework. Also included are professional references which address effective instruction and assessment for a sound physical education program.

The resources listed were selected by physical education coordinators and library media specialists from the local school systems and by staff of the Maryland State Department of Education. The following guidelines were used in the selection process:

- . Non-fiction books, booklets, 16mm films, videotapes, filmstrips, computer software, and educational kits relating to one or more of the framework goals or the teaching of them were eligible for inclusion. Curriculum guides and filmloops were not considered, as the former are to be included in a separate document and equipment to show the latter is becoming scarce.
- . Elementary and secondary standard selection catalogs for the development of library collections and major physical education publishers were used as the primary sources for listings; materials from other educational publishing companies were reviewed as time and availability allowed.
- . Only references for which annotations were available were used.
- . Recency of publication was a key factor in selection. Few items produced before 1976 were included; exceptions were made for some resources recommended by several professionals. References known to be out of print were omitted.
- . An appropriately balanced list of instructional materials was desired in terms of: (1) framework goal and subgoal concepts; (2) races, ethnic groups, and genders featured; and (3) the categories of activities represented, such as dance, recreational pursuits, individual activities, and team sports.
- . Materials which addressed only a single sex in the title as the potential user were excluded from the list unless an acceptable reason was given in the description or was apparent to the reviewers.

Local education agencies must assume responsibility for selecting or using references in this bibliography according to their individual program objectives and selection policies. The Maryland State Department of Education staff did not attempt to evaluate each item listed; therefore, the compilers suggest a critical review of all materials in this bibliography intended for student use either as part of a school's library collection or as a learning aid in physical education class.

This document consists of six parts:

- . Part I contains an alphabetical listing by title of materials that are appropriate for self-directed student use or for student use with minimal teacher guidance. The title, author, place of publication, publishers, date published, format of material, appropriate grade level(s), and annotation are provided.
- . Part II matches the references previously presented by their content to Physical Education Framework goals which they address: fitness, motor learning and skills development, and/or affective achievement. The chart provided allows a quick identification of goal-related materials for students at specific grade or reading levels.
- . Part III lists over 140 physical education references for possible professional use. Except for the omission of a student level designation, the same information is given as in Part I.
- . Part IV is comprised of an alphabetical and comprehensive listing of journals related to physical education, recreation, sports, dance, and pedagogy. Many new journals are included in this current list.
- . Part V offers information about international, national, and state associations allied with public or physical education, sports, fitness, or dance. The state subpart also lists teacher preparation institutions and agencies involved in physical education training or curricula.
- . Part VI supplies an alphabetical listing of the publishers or distributors of materials found in this bibliography and information for contacting them.

The Division of Instruction and the Division of Library Development and Services hopes that the resources identified in this publication will be useful to physical educators, library media specialists, and classroom teachers in supporting students' understanding and achievement of both physical education and general education goals.

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PART I
PHYSICAL EDUCATION RESOURCES FOR STUDENT LEARNING



Part I

Physical Education Resources for Student Learning

Acrobatics. Maxine Polley. Englewood Cliffs, NJ: Prentice-Hall. 1981.

Book
Grades 1-6

Black and white action photographs explain the fundamentals of acrobatics.

Acrobats and Ping-Pong. Isabel Willcox. New York: Dodd, Mead. 1981.

Book
Grades 3-6

This book deals with the recreational activities of the young people of China which include soccer, swimming, gymnastics, and ping-pong (table tennis).

Aerobic Dancing. Jackie Sorensen. Long Branch, NJ: Kimbo. (n.d.).

Record and Book
Grades 6-12

The book provides instructions and photographs to accompany the record. Flexibility exercises, warm-up and cool-down routines plus light dance styles are presented.

Aerobic Fitness-Secondary. Texas Aerobic Fitness, Inc. Long Branch, NJ: Kimbo. (n.d.).

Record
Grades 7-12

This record presents quality co-ed aerobic routines. A fully illustrated manual complete with steps is included. Music selections include "Fame," "Eye of the Tiger," "Abracadabra," and more.

Aerobics. Kenneth Cooper. New York: M. Evans and Co. 1968.

Book
Grades 6-12

This book discusses aerobics and its contribution to overall fitness and health. A point system is used to measure progress on charts for running, rope skipping, swimming, and cycling.

Aerobics Basics. Karen Liptah. Englewood Cliffs, NJ: Prentice-Hall.
1983.

Book
Grades 3-6

This guide presents the basics for six aerobic dance routines with drawings and photographs. Warm-up and cool-down exercises and suggestions for musical accompaniment are also included.

Aerobics for Kids. Georgiana Liccione Stewart. Long Branch, NJ: Kimbo.
1980.

Record
Pre K-6

This program is designed for lower and middle elementary children and is a preliminary to more intensive aerobic programs. Warm-up, flexibility, strength, endurance, and cool down exercises are included.

Aerobics Program for Total Well-Being, The: Exercise, Diet, and Emotional Balance. Kenneth A. Cooper. New York: M. Evans and Co. 1982.

Book
Grades 9-12

The author emphasizes a program that balances nutrition, exercise, and emotional health for a longer and happier life and presents information for achieving success in the three areas.

Age of the Runner. Mountain View, CA: Runner's World Magazine. 1974.

Book
Grades 9-12

The effects of running on the aging process and the physical changes of age and their effects on running are the two areas examined in this book.

Alan Trammell: Tiger on the Prowl. Barry Janoff. Chicago: Children's Press: 1985.

Book
Grades 2-4

Story of the life of Alan Trammell, American League's 1983 Most Valuable Player, who helped the Detroit Tigers win the 1984 World Series.

American Sports: From the Age of Folk Games to the Age of Spectators.

Benjamin G. Rader. Englewood Cliffs, NJ: Prentice-Hall. 1988.

Book

Grades 9-12

This book presents the history of American sports in a logical and coherent form. It supports the theory that sports, as we know them today, evolved from the folk games of 1607-1850, to the player centered games of 1850-1920, to the sports of the present.

American Women in Sports. Phyllis Hollander. New York: Grosset and Dunlap. 1972.

Book

Grades 6-12

Women's participation in skiing, horseback riding, golf, track, tennis, bowling, swimming, and ice skating is covered.

And the Beat Goes On for Physical Education. Freeport, NY: Educational Activities. 1981.

Record

Grades K-6

This record provides modern music such as "The Beat Goes On," "Ode to Billie Joe," and "Going Out of My Head" as rhythm for exercising individual parts of the body and the entire body.

Andrea Jaeger, Pro in Ponytails. Ray Sons. Chicago: Children's Press. 1981.

Book

Grades 4-6

This is the story of the youngest professional female tennis player and her tournament wins. Her training and attitude toward the game and her family life are discussed.

Arco Book of Soccer Techniques and Tactics, The. Richard Widdows. New York: Arco. 1984.

Book

Grades 9-12

The techniques of offensive and defensive play and game strategies are demonstrated and fully illustrated.

Art of Pitching, The. Tom Seaver with Lee Lowenfish. New York: Hearst Books. 1984.

Book

Grades 9-12

The technique of pitching from grip to follow through is explained and illustrated. Cy Young's conditioning regimen is also included.

Art of Quarterbacking, The. Ken Anderson with Jack Clary. Springtown, PA: Linden Press. 1984.

Book
Grade 9-12

The challenges and techniques of quarterbacking, including ball-handling, passing, developing field vision, reading the defense, and overcoming slumps, are discussed by a top-ranked pro quarterback.

Arthur Ashe's Tennis Clinic. Arthur Ashe. New York: Simon & Schuster. 1981.

Book
Grades 9-12

The fundamentals of tennis, as well as exercises and equipment, are presented through text and illustrations.

Assignment: Sports. Robert Lipsyte. New York: Harper & Row. 1984.

Book
Grades 7-9

A leading columnist from the New York Times profiles leading sports figures covered in his assignments.

Athlete's Game Plan for College and Career, The. Stephen Figler and Howard Figler. Princeton, NJ: Peterson's Guides. 1984.

Book
Grades 8-12

This book provides practical advice for student athletes on combining athletic, academic, and career success. Recruiting, scholarships, eligibility, college selection, coping with studies, and strategies for job hunting are discussed.

Athletic Fitness: The Athlete's Guide to Training and Conditioning. Dewey Schurman. New York: Atheneum. 1975.

Book
Grades 6-12

This book stresses the necessary training and conditioning needed to compete in sports, with emphasis on increasing strength, endurance, and flexibility. Athletic diets and injuries are also discussed.

Babe Ruth, Sultan of Swat. Charles Spain Verral. Champaign, IL: Garrard. 1976.

Book
Grades 2-4

This is the story of Babe Ruth from his beginnings in a poor family in Baltimore to becoming the home run king.

Backpacking, One Step at a Time. Harvey Manning. New York: Random House. 1986.

Book
Grades 8-12

This revised edition covers recent innovations in gear and clothing, eating and sleeping outdoors, dangers, equipment, routes, and minimizing the environmental impact.

Badminton. Jim Poole. Wolverine Sports. (n.d.).

Video Cassette - VHS 1/2"
Grades 9-12

Even though it does not provide extensive information on grip or rules, this cassette was rated by Montgomery County as good for high school use.

Ball Gymnastics. Long Branch, NJ: Kimbo. (n.d.).

Record
Grades K-3

Preliminary activities such as bouncing, rolling, throwing, and catching are set to music.

Baseball America. Donald Honig. New York: Macmillan. 1985.

Book
Grades 9-12

This book looks closely at the development of the game of baseball in America over the past one hundred years.

Baseball Easy Stats Master. New Richmond, WI: Orange Juice Software System. 1983.

Computer Software - 1 Disk (Apple II+, IIe, IIC, 48K)
Grades 9-12

This program will maintain both individual and team records of offensive, defensive, and pitching statistics. Records are tabulated and batting averages and ERAs are recorded.

Baseball Handbook for Coaches and Players, The. Jim Depel. New York: Charles Scribner's. 1976.

Book
Grades 9-12

This is a guide on baseball techniques, defensive plays, and field construction and management with many diagrams illustrating the text. Baseball associations, records, and percentage computation directions are provided in an appendix.

Baseball: It's Your Team (You Are the Coach). Nathan Aaseng. Minneapolis: Lerner. 1984.

Book
Grade 4-6

This book enables the reader to assume the role of team owner and work through the problems of trading players, acquiring free agents, and evaluating the performance of managers.

Baseball My Way. Joe Morgan. New York: Atheneum. 1976.

Book
Grades 6-12

This book provides detailed information on fielding, hitting, and base running by the National League's 1975 Most Valuable Player.

Baseball: The Sports Playbook. Gil McDougald and Fred McMane. New York: Doubleday. 1977.

Book
Grades 6-12

Written to help young players improve their game, this book explains the skills and techniques needed for each player's position.

Baseball Stars 1985. Dan Schlossberg. Chicago: Contemporary Books. 1985.

Book
Grades 9-12

Forty of the top baseball stars in 1984 are profiled with a look to their 1985 season.

Baseball's Ace Relief Pitchers. Nathan Aaseng. Minneapolis: Lerner. 1984.

Book
Grade 4-6

Eight of the top relief pitchers known for turning a losing game into a winning one are profiled.

Baseball's All-Time All-Stars. Jim Murphy. Boston: Clarion Books. 1984.

Book
Grades 4-6

Two teams, whose members were selected by the author as the best professional baseball players, are profiled.

Baseball's Great Experiment: Jackie Robinson and His Legacy. Jules Tygiel.
New York: Oxford. 1983.

Book
Grades 9-12

This book gives an account of the delayed acceptance of blacks as players in major league baseball.

Baseball's Hottest Hitters. Nathan Aaseng. Minneapolis: Lerner. 1983.

Book
Grades 4-6

Eight of the top baseball hitters are profiled. Included are Carew, Rose, Garvey, Oliver, Lynn, Parker, Hernandez and Brett.

Baseball's Power Hitters. Nathan Aaseng. Minneapolis: Lerner. 1983.

Book
Grades 4-6

Eight power hitters--those who aim to knock the ball out of the park each time at bat--are profiled. They include Reggie Jackson, Mike Schmidt, Willie Stargell, Jim Rice, George Foster, Dave Kingman, Gorman Thomas, and Dave Winfield.

Baseball's Wacky Players. George Sullivan. New York: Dodd, Mead. 1984.

Book
Grades 7-9

Some of the most unusual and colorful baseball players and their pranks and practical jokes are described.

Basic Football Strategy: An Introduction for Young Players. Edward F. Dolan, Jr. New York: Doubleday. 1976.

Book
Grades 6-12

Effective for both the young player as well as the viewer, this book covers offensive and defensive football tactics and illustrates defensive alignment, offensive formations, pass routes, and the kicking game.

Basic Sailing. M.B. George. New York: Hearst Marine Books. 1984.

Book
Grades 9-12

Useful to the experienced yachtsman as well as the beginner, this book provides the basics of the sport of sailing.

Basic Soccer Strategy: An Introduction for Young Players. Brian Lindsay
Denver. New York: Doubleday. 1976.

Book
Grades 4-8

This is a well-illustrated text which concentrates on the offensive and defensive strategies of the game.

Basketball. Bert Rosenthal. Chicago: Children's Press. 1983.

Book
Grades 2-4

The fundamental rules, regulations, strategies, equipment, and tactics of the sport of basketball are covered.

Basketball Easy Stats Master. New Richmond, WI: Orange Juice Software System. 1983.

Computer Software - 1 Disk (Apple II+, IIe, IIc, 48K)
Grades 9-12

This program will maintain individual and team records for all offensive and defensive statistics, tabulate and record season totals in all categories, and calculate point averages and shooting percentages.

Basketball Simplified and Illustrated Rules. Kansas City, MO: National Federation of State High School Associations. 1986.

Booklet
Grades 4-12

Up-to-date basketball rules are given in language and illustrations easily understood by students.

Basketball Statistics. Minneapolis: MECC. 1984.

Computer Software - 1 Disk (Available for Apple II+, IIe, IIc, 64K)
Grades 7-12

This program will maintain the records of games played. Records may be entered, edited, or printed for a single game or a group of games. Graphs compare performances.

Basketball: The Sports Playbook. Pete Newell and Dan Berger. New York: Doubleday. 1976.

Paperback Book
Grades 6-12

Basketball fundamentals, including conditioning, offense, defense, fast-break, rebounding, presses, and jump balls, are explained and illustrated with black and white photographs.

Basketball's Playmakers. Nathan Aaseng. Minneapolis: Lerner. 1983.

Book
Grades 4-6

This book profiles some of the most talented stars on the playing field, including "Magic" Johnson, "Tiny" Archibald, Kevin Porter, Quinn Bruckner, Johnny Davis, John Lucas, Norm Nixon, and Phil Ford.

Basketball's Power Players. Nathan Aaseng. Minneapolis: Lerner. 1985.

Book
Grades 4-6

This book profiles the careers of several basketball players who use their strength to help their team win.

Basketball's Sharpshooters. Nathan Aaseng. Minneapolis: Lerner. 1983.

Book
Grades 4-6

Eight of pro basketball's masters of the long-range jumpshot are profiled, including Gervin, Westphal, Brown, Newlin, Free, King, Birdsong, and Bird.

Be a Frog, a Bird, or a Tree. Rachel Carr. New York: Doubleday. 1973.

Book
Grades K-5

This book presents creative yoga exercises for young children.

Beginning Gymnastics. Bill Sands. Chicago: Contemporary Books. 1981.

Book
Grades 9-12

Techniques for floor exercise vaults, balance beam, and uneven parallel bars are discussed.

Beginning Racquetball Drills. Jean Sauser and Arthur Shay. Chicago: Contemporary Books. 1981.

Book
Grades 9-12

This book presents a program of practice drills and routines for the beginning player. Illustrations accompany the text.

Better Bicycling for Boys and Girls. George Sullivan. New York: Dodd, Mead. 1984.

Book
Grades 4-6

Various types of bicycles and accessory equipment for bicycles are detailed along with riding, racing, and touring information.

Better Cross-Country Running for Boys and Girls. George Sullivan. New York: Dodd, Mead. 1983.

Book
Grades 7-9

An introduction to cross-country running that discusses running form, equipment, and racing.

Better Gymnastics for Girls. George Sullivan. New York: Dodd, Mead. 1977.

Book
Grades 5-8

This book presents a brief history of gymnastics and then devotes a section to each of the four Olympic gymnastics events for women. Boys may wish to read this book to learn about skills which challenge all gymnasts.

Better Ice Skating for Boys and Girls. George Sullivan. New York: Dodd, Mead. 1976.

Book
Grades 4-9

This book deals with ice skating techniques. Form, free skating, pair skating, ice dancing, and competitive figure skating are discussed.

Better Wrestling for Boys. George Sullivan. New York: Dodd, Mead. 1986.

Book
Grades 9-12

This book was written in cooperation with high school wrestling coaches and covers the basics of this sport. Rules, match points, maneuvers, and moves are described in text and photographs. Information is appropriate for all wishing to learn more about the sport.

Beyond the Sixth Game. Peter Gammons. Boston: Houghton, Mifflin. 1985.

Book
Grades 9-12

The turmoil created in pro baseball by the free agent decision is detailed beginning with the sixth game of the 1975 World Series.

Bicycle Rider. Mary Scioscia. New York: Harper & Row. 1983.

Book
Grades 3-5

This is the story of Marshall Taylor and the winning of the Indianapolis ten-mile bicycle race, his first of many racing victories.

Bicycle Rider's Bible, The. Jeff Marshall. New York: Doubleday. 1981.

Book
Grades 9-12

This book presents an introduction to the many aspects of cycling, touring, camping, racing, commuting, and how to ride.

Big Bowl Football Guide, The. Anthony C. DiMarco. New York: Putnam. 1976.

Book
Grades 6-12

This book covers the history of the major college football bowl games. Also covered are statistics of the games, teams, and players.

Big Circle Mountain Dance and Clogging Music. Newark, NJ: Folkraft Records. (n.d.).

Record
Grades K-12

This record gives music and calls for dancing and clogging, including "Band Box," "Bill Bailey," "Mountain Dew," and "Boil'Em Cabbage Down."

Bill of Rights in Action: Women's Rights. Santa Monica, CA: BFA Educational. 1975.

Film - 16mm, Color, 22 Minutes
Grades 6-12

This movie portrays a high school girl's fight to compete on her high school swimming team when her state athletic association rules that girls may not compete.

Billie Jean. Billie Jean King with Kim Chapin. New York: Harper & Row. 1974.

Book
Grades 5-10

The story of Billie Jean King, which includes her childhood, the first Wimbledon Championship, and her role in developing women's pro tennis.

Billie Jean King. James T. Olson. Mankato, MN: Creative Education/
Children's Press. 1974.

Book
Grades 2-5

The story of Billie Jean King, which includes both her professional and personal life, but mostly her commitment to the development of women's pro tennis.

Black Women in Sports. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1981.

Book
Grades 9-12

This book is about black women in sports who have excelled and have inspired others to do the same. Emphasized are the myths and realities of black women in sports, the problems, and the solutions.

Breakdancing. G. Fresh. New York: Avon Books. 1984.

Book
Grades 8-12

This book covers the history of breakdancing, how to dress, act, and talk the part and how to do the basic moves.

Breakdancing. Jim Haskins. Minneapolis: Lerner. 1985.

Book
Grades 4-9

This book looks at the origins of breakdancing and some of the most popular dancers of today.

Bobby Hull's Hockey Made Easy. Bobby Hull with Roy G. Nelson. Beaufort, SC: Beaufort Books. 1983.

Book
Grades 9-12

A guide which describes the basic skating and puck control skills along with the offensive and defensive plays in hockey.

Body Book, The. David Bodanis. Boston: Little, Brown. 1984.

Book
Grades 7-9

This book describes the physiological, neurological, and emotional stresses made on the human body during an average day.

Bowling Basics. Chuck Pezzano. Englewood Cliffs, NJ: Prentice-Hall. 1984.

Book
Grades 4-6

The correct stance, approach, and delivery are discussed as well as scoring, proper equipment, and a brief history of the game.

Brown Paper School Presents Everybody's a Winner, The: A Kid's Guide to New Sports and Fitness. Tom Schneider. Boston: Little, Brown. 1976.

Book
Grades 3-7

This book fosters a respect for one's body and a liking for sports in adolescents concerned with changes related to puberty.

Brown: The Sports Career of James Brown. James and Lynn Hahn. Mankato, MN: Crestwood House. 1981.

Book
Grades 4-6

This book on the football career of Jim Brown highlights his dedication to fair play and his sport.

Bruce Jenner's The Athletic Body. Bruce Jenner. New York: Simon & Schuster. 1984.

Book
Grades 9-12

Written especially for teenagers, this is a guide to physical fitness through proper nutrition and cardiovascular activities such as weight training and sports.

Career Opportunities in Physical Fitness and Leisure Related Fields.

Pat Barry. Reston, VA: National Association of Sport and Physical Education. 1982.

Video Cassette - U-Matic 3/4", 28 Minutes
Grades 9-12

The expanding career opportunities in physical fitness and leisure related fields for both men and women are presented through on-the-job situations.

Careers in Basketball. Mark Lerner. Minneapolis: Lerner. 1983.

Book
Grades 4-6

This book presents a series of behind-the-scenes looks at people whose careers are related to pro basketball, from ticket managers to coaches.

Careers in Sports. Jack Clary. Chicago: Contemporary Books. 1982.

Book
Grades 9-12

This book covers the sports careers in marketing, public relations, groundskeeping, sports medicine, health-club management, radio, television, journalism, law, and insurance.

Casey Stengel: Baseball's Great Manager. Charles Spain Verral. Champaign, IL: Garrard. 1978.

Book
Grade 2-4

The biography of the talented player turned manager who was part of the winning Yankees and losing Mets.

Catcher--Baseball's Man in Charge, The. George Sullivan. New York: Dodd, Mead. 1976.

Book
Grades 3-8

This book analyzes the position of catcher and the men who have played this position professionally. The responsibilities of the position are discussed.

Catfish: The Three Million Dollar Pitcher. Bill Libby. New York: Coward. 1976.

Book
Grades 6-10

A high interest book of baseball stories and facts related to "Catfish" Hunter.

Child's First Soccer Book, A. Lowell A. Dickmeyer. LaPuente, CA: Visual Media. 1976.

Book
Grades 2-4

Relates the story of a young boy and his experiences playing on a soccer team. The rules and skills necessary to play the game are discussed.

Chris Evert: The Young Champion. Lynn Haney. New York: Putnam. 1976.

Book
Grades 4-10

This book tells the story of tennis professional Chris Evert while also providing an insight into the lives of other female tennis players.

Circle Dances for Today. Long Branch, NJ: Kimbo. (n.d.).

Record
Grades 5-8

These dances are ideal for co-ed group instruction. Selections include "Seven Jumps," "Five Foot Two," "Jiffy Mixer," and more.

Clap, Snap, and Tap. Ambrose Brazelton. Freeport, NJ: Educational Activities, Inc. (n.d.).

Record
Grades K-3

This record provides music for motor activities to stimulate the sensormotor growth of elementary school children. Exercises are geared for the classroom where little space is available and include finger snapping, rhythmic hand and arm movements, cross hand patting, and others.

College Survival for Student-Athletes. George Henderson and Jerome C. Weber. Springfield, IL: Charles C. Thomas. 1985.

Book
Grades 9-12

This book offers advice to student-athletes on time management, study skills, and other topics important to students who plan to participate in college sports.

Competitive Runner's Handbook, The. Bob Glover and Pete Schuder. New York: Viking. 1983.

Book
Grades 7-12

Training programs which cover improving race times, endurance, strategy, injuries, exercises, and nutrition are presented.

Complete Beginner's Guide to Archery, The. Bernard A. Roth. New York: Doubleday. 1975.

Book
Grades 6-12

This book covers the history of archery, equipment selection and care, competition, and hunting.

Complete Book of the Olympics, The. David Wallechinsky. New York: Viking. 1984.

Book
Grades 7-9

Information on all Olympic events, their scoring and the winners since 1896 is covered, with profiles of legendary athletes.

Complete Book of Racquetball, The. Steve Keeley. New York: Follett. 1976.

Book
Grades 9-12

Techniques on playing racquetball are included with information on equipment and game rules.

Complete Guide to Running. Jim Seford. New York: Sterling Publishing. 1985.

Paperback Book
Grades 9-12

Good physiological information presented in an interesting format. Printed in England, so some spelling of words and exercises differ from U.S. form.

Complete Honor Your Partner Course in Square Dancing for All Ages, The. Ed Durlacher. Freeport, NY: Educational Activities, Inc. (n.d.).

Record - 4 record set
Grades K-12

This record set offers simplified system for teaching square dancing. The clear, concise, oral instructions are first presented in a "talk-through," then "walk-through," and finally with the entire dance.

Complete Jogger, The. Jack Batten. San Diego, CA: Harcourt. 1977.

Paperback Book
Grades 9-12

The why, when, where, and how of jogging are discussed.

Complete Walker III, The. The Joys and Techniques of Hiking and Backpacking. Collin Fletcher. New York: Knopf. 1984.

Book
Grades 9-12

This is a guide to the latest developments in hiking including techniques, equipment, clothing, first aid, and cooking.

Computer Olympics. Stephen Manes and Paul Somerson. New York: Scholastic. 1984.

Book
Grades 7-9

This is a collection of games, puzzles, and quizzes for the computer in the areas of basketball, soccer, hurdling, and diving.

Contemporary Tinikling Activities. Boyd M. Pexton. Freeport, NY:
Educational Activities, Inc. (n.d.).

Record
Grades 2-12

This record uses contemporary music in 4/4 time to motivate students to learn tinikling dances which are traditionally performed in 3/4 time. Selections include "The Entertainer," "Put Your Hand in the Hand," "Walk Right In," and others.

Contributions of Women: Sports. Joan Ryan. Minneapolis: Dillon Press.
1983.

Book
Grades 3-8

This book features six of the most celebrated female athletes Zaharias, Kusner, Rudolph, King, Fleming, and Belote.

Corbitt. John Chodes. Los Altos, CA: Tafnew Press. 1974.

Book
Grades 6-12

The biography of fifty-four year old Ted Corbitt, the father of American ultra-distance running, who has run more marathons than anyone else. A yearly account of the marathons run and problems faced, reasons he continues running, and his training methods are included.

Courtside. Gary Hoenig and Dan Shaughnessy. Miami, FL: Vanderbilt Press.
1982.

Book
Grades 9-12

A brief history of pro basketball, including the rules, strategies, and profiles of some current players.

Crossbar. New York: Learning Corporation. 1980.

Film - 16 mm, Color, 33 Minutes
Grades K-12

This film is based on the life of a Canadian college high jumper who lost his leg in a farming accident prevented his participation in Olympic competition. His success in overcoming this obstacle is inspiring.

Cyclists' Companion, The. John Howard. Battleboro, VT: Stephen Greene.
1984.

Book
Grades 9-12

The book presents information on selecting, maintaining, and riding a bicycle. Also covered are nutrition, eating habits, and physiology.

Dances for Little People. William Janiak. Long Branch, NJ: Kimbo. (n.d.).

Record
Grades K-3

This record presents simple folk dances and patterns for either special or young children.

Dances in a Line. Rudy Franklin. North Palm Beach, FL: Athletic
Institute. (n.d.).

Record
Grades 5-12

This record sets modern, no-partner line and circle dances to up-to-date music.

Dances Without Partners. Henry "Buzz" Glass. Freeport, NJ: Educational
Activities, Inc. (n.d.).

Record - 2 record set
Grades K-8

These group dances bridge the gap between folk dances and modern fad dances. Lively and easy to do, these dances need no partners. A three-stage teaching technique makes the dances easy to learn.

Dancing Is. George Ancona. New York: Dutton. 1981.

Book
Grades K-2

An introduction to more than fifty international dances.

Dan Fouts, Ken Anderson, Joe Theismann, and Other All-Time Great
Quarterbacks. Phyllis and Zander Hollander, Editors. New York: Random
House. 1983.

Book
Grades 4-6

Ten outstanding quarterbacks' lives, personalities, careers, and achievements are discussed.

Day a Team Died, The. Frank Taylor. New York: Sport Shelf. 1983.

Book
Grades 9-12

This book recounts the tragedy of the ill-fated Munich Riem air crash that took the lives of eight of the famed Manchester United Soccer Team. It is authored by the only surviving member of the press corps that accompanied the team to its 3-3 draw with Belgrade in the 1958 European Cup.

Don Disney and the Kangaroo Kids. Don Disney. Ellicott City, MD: Heartbeat Enterprises. (n.d.).

Video Cassette - VHS 1/2", Color, 36 Minutes
Grades K-12

This video presents instruction in the basic steps for Jump Aerobics demonstrated by the precision jump rope team, the Kangaroo Kids. The twenty-one aerobic jump rope movements combine balance, strength, agility, flexibility, power, speed, coordination, weight control, and cardio-respiratory endurance.

Doctor J: A Biography of Julius Erving. James Haskins. New York: Doubleday. 1975.

Book
Grades 4-8

A biography particularly suited to "reluctant" readers, this is a perceptive look at the personable basketball star Julius Erving.

Don't Choke: How Athletes Become Winners. Michael Scott and Louis Pelliccion. Englewood Cliffs, NJ: Prentice-Hall. 1982.

Book
Grades 9-12

A resource designed to help advanced players understand how competitive stress and arousal affect sport performance. A comprehensive review is given of specific techniques which may be practiced so that it is possible to reach one's potential in pressure situations. The authors address the specific phenomenon of "choking" during competition.

Dorothy Hamill: Olympic Champion. Elizabeth Van Steenwyk. New York: Harvey House Publishers. 1976.

Book
Grades 3-7

This biography of Dorothy Hamill begins with her first pair of skates and takes the reader through her Olympic gold medal win.

Double Dutch. David A. Walker and James Haskins. Hillside, NJ: Enslow Publishers. 1986.

Book
Grades 4-7

This book discusses the history of Double Dutch rope jumping and provides instruction in basic and advanced techniques.

Easy Baseball Book, The. Jonah Kalb. Boston, MA: Houghton, Mifflin. 1976.

Book
Grades 1-3

This is an easy to read baseball manual providing good instruction with simple line drawings which illustrate the proper techniques of hitting, throwing, and catching.

Eating (Your Body). John Gaskin. New York: Franklin Watts. 1985.

Book
Grades K-3

A basic introduction to nutrition and its role in human health, this book discusses the diverse food groups, the uses of food, and the process of digestion with full color diagrams, illustrations, and handy glossary.

Eddie Bauer Guide to Cross-Country Skiing, The. Archie Satterfield and Eddie Bauer. Reading, ME: Addison-Wesley. 1988.

Book
Grades 9-12

The fundamental techniques of cross-country skiing are presented with advice on selecting equipment.

Elementary Aerobic Fitness. Texas Aerobic Fitness, Inc. Long Branch, NJ: Kimbo. 1988.

Record
Grades 5-6

Exercise movements are blended into contemporary dance motions and rhythms which are set to popular music. One side is narrated; the reverse is music only.

Elementary Floor Exercise Routines. Long Branch, NJ: Kimbo. (n.d.).

Record
Grades K-7

Basic gymnastic movements for beginners are presented and set to music.

Elusive Bar, The. Bruce Caldwell. Kansas City, KS: The Elusive Bar. 1974.

Book
Grades 9-12

This book presents the correct form, both in photographs and step-by-step demonstrations, for pole vaulting. Interviews with nineteen top vaulters are included.

Encyclopedia Brown's Book of Wacky Sports. Donald J. Sobol. New York: Morrow. 1984.

Book
Grades 4-6

This book includes more than one hundred amusing bloopers from the world of sports.

Everybody's a Winner: A Kid's Guide to New Sports and Fitness. Tom Schneider. Boston: Little, Brown. 1984.

Book
Grades 2-5

This book emphasizes that exercise is for everyone, not just sport competitors. Included are new games, yoga, running, weight training, swimming, and ways to relax.

Everybody's Gymnastics Book. Bill Sands and Mike Conklin. New York: Charles Scribner's. 1984.

Book
Grades 9-12

This book covers all aspects of the world of gymnastics, including coaching, training programs, competition, and a thorough description of each event.

Everybody's Hockey Book. Stan and Shirley Fischler. New York: Charles Scribner's. 1983.

Book
Grades 9-12

This book covers all aspects of the world of ice hockey, including its history, professional and nonprofessional structure, inclusion in the Olympics, training, and equipment.

Everyone's a Winner: Heart-Lung Endurance. Santa Monica, CA: BFA Educational Media. 1975.

Film - 16mm, Color, 15 Minutes
Grades 4-12

This presentation shows how to develop heart-lung endurance and the testing methods used to determine this endurance capacity. Activities specifically suited to increase endurance are discussed.

Evonne! On the Move. Evonne Goolagong with Bud Collins. New York: Dutton. 1975.

Book
Grades 9-12

This book presents a young woman with an unusual set of values and her rise in the tennis world while struggling to eliminate the inequities between male and female tennis stars and racial bias.

Exercise Book, The. Leslie Michener and Gerald Donaldson. New York: Holt, Rinehart & Winston. 1978.

Book
Grades 7-12

This book provides exercise instruction to increase overall physical fitness.

Exercise for Runners. Mountain View, CA: Runner's World Magazine. 1973.

Book
Grades 7-12

This book stresses strength and flexibility as important fitness elements for runners. Exercises are given to both prevent and heal injuries.

Exercise: What It Is, What It Does. Carola S. Trier. New York: Greenwillow Books. 1982.

Book
Grades 1-3

This exercise book is directed to the youngest readers. The exercises are grouped by sections of the body.

Exercises for the Track and Field Athlete. Glendale, CA: AIMS. 1977.

Film - 16mm, Color, 15 Minutes
Grades 7-12

This film groups exercises by the track event and repeats them if they apply to more than one event. The emphasis is on speed, endurance, and strength.

Exercise Injuries, Prevention and Treatment: Your Personal Guide to Sports Medicine. Robert C. Carter. Washington, DC: Stone Wall Press, Inc. 1983.

Textbook
Grades 9-12

This is directed toward the individual who wishes to become involved in physical activity and is written as a guide for those who have little background in the physical fitness area. It addresses training, conditioning techniques, and prevention and management of sports-related injuries.

Famous Firsts in Basketball. Joseph J. Cook and Joseph J. Cook II. New York: Putnam. 1976.

Book
Grades 6-12

This book is a collection of biographical sketches devoted to college and professional basketball players.

Famous Modern American Women Athletes. Helen Hull Jacobs. New York: Dodd, Mead. 1975.

Book
Grades 4-10

This is a collection of eight brief biographies on American women who have excelled in bowling, skating, diving, golf, skiing, swimming, tennis, and track.

Feel of Music. Hap Palmer. Freeport, NY: Educational Activities. 1974.

Cassette Tape or Record
Grades K-6

Children can move to this music which points out concepts of tempo, volume, pitch, meter, quarter notes, eighth notes, rests, mood, and style.

Feelin' Good. Jill Gallina. New York: Folkways. 1981.

Record
Grades K-3

Ten songs with simple lyrics encourage exercise, hygiene, nutrition, and a positive attitude about self and others.

Female Runner, The. Mountain View, CA: World Publications. 1974.

Book
Grades 9-12

This book details the features which separate women from men in the sport of running, and how females might deal with or change the features of their makeup that would keep them from enjoying it equally.

Fernando Valenzuela, The Screwball Artist. Mike Littwin. Chicago: Children's Press. 1983.

Book
Grades 4-6

This book traces the baseball career of Fernando Valenzuela, the 1981 Rookie of the Year and pitcher for the LA Dodgers.

Field Hockey. Vonnie Gros. Wolverine Sports. 1978.

Video Cassette - VHS 1/2"
Grades 7-12

Highly recommended by the Montgomery County Physical Education Committee, this cassette is particularly helpful to interscholastic teams and to players learning the basic skills of the game.

Fighting Arts, The: Great Masters of the Martial Arts. Howard Reid and Michael Croucher. New York: Simon & Schuster. 1983.

Book
Grades 9-12

This book discusses the philosophies and techniques of judo, karate, and kung fu.

First Book of Basketball, The. Don Schiffer. Revised by Bill Gutman. New York: Franklin Watts. 1977.

Book
Grades 5-12

This book discusses the basic fundamentals and rules of basketball. There is a referee's signal code chart and glossary included.

Fisk of Fenway Park: New England's Favorite Catcher. Robert B. Jackson. New York: Walck. 1976.

Book
Grades 6-12

This book provides a profile on Carlton "Pudge" Fisk, New England's popular baseball catcher. The 1975 season is highlighted.

Fit to Be You. Burbank, CA: Walt Disney Educational Media. (n.d.).

Filmstrip, sound - 3 filmstrips
3 cassettes
Grades 7-9

This series covers the basics of physical fitness. Included are "Fit To Be You: Heart-Lungs;" "Fit To Be You: Flexibility and Body Composition;" and "Fit To Be You: Muscles." These stress that physical fitness is an ongoing, lifelong goal.

Fit Swimmer, The. Marianne Brems. Chicago: Contemporary Books. 1984.

Book
Grades 9-12

This book is a guide for those using swimming for a personal fitness program. It includes criteria for establishing a fitness level and 120 specific workout and training tips.

Fitness Book, The. Jane Hyman and Barbara Miller Posner. New York: Messner. 1984.

Book
Grades 6-12

This is a diet and exercise guide just for teens, which includes diet plans to fit different lifestyles, sample menus and exercises, techniques to pinpoint eating and exercising problems, and a glossary of health and fitness terms.

Fitness for Everyone. Emma, PA: Prevention Magazine. 1984.

Book
Grades 9-12

This book details the health advantages of various sports, and describes exercise equipment, health spas, and fitness vacations.

Fitness Fun for Everyone. Lesley Parsonson. Saskatoon, Canada: Western Producer Prairie Books. 1981.

Paperback Book
Grades 7-12

This book provides a program for fitness for those unwilling to develop a rigorous program of exercise. Emphasis is on making fitness part of the reader's regular routine.

Fitting In. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1984.

Monthly Reader
Grades 5-6

This reader covers issues of health, fitness, nutrition, and exercise for classroom enrichment and physical education application.

Flies in the Water, Fish in the Air. Jim Ainosky. New York: Lothrop, Lee & Shepard. 1986.

Book
Grades 4-8

This book presents fly fishing in a structured and pleasant manner. Drawings illustrate the essential techniques and stream life.

Flying High. Bill Powers. New York: Franklin Watts. 1978.

Book
Grades 3-5

This book tells the story of one girl's training, weaknesses, defeat, and finally victory as a gymnast. The qualities necessary to win--talent, determination, hard work, and ability to relax--are stressed.

Focus on the Marathon. John Humphreys and Ron Holman. Wakefield, West Yorkshire, England: E. P. Publishers. 1983.

Book
Grades 9-12

This book gives advice on running and training for a marathon, including tips on diet, clothing, warm-ups, and injury prevention.

Folk Dance Fun: Simple Folk Songs and Dances. Long Branch, NJ: Kimbo. 1984.

Record
Grades 2-6

Familiar songs such as "Mexican Hat Dance," "Italian Tarantella," "The Irish Jig," and "The Virginia Reel" encourage children to sing and dance along. The dance steps and song lyrics are provided.

Football Easy Stats Master. New Richmond, WI: Orange Juice Software Systems. 1983.

Computer Software - 1 Disk (Apple II+, IIe, IIC)
Grades 9-12

The user can create and maintain both individual and team records for offensive and defensive statistics. As new records are entered, files are updated automatically.

Football: It's Your Team. Nate Aaseng. Minneapolis: Lerner. 1985.

Book
Grades 4-6

This book gives the reader a chance at being the owner of a football team with ten different situations in which the reader must make a decision which can make his/her team either a winner or loser.

Football Simplified and Illustrated Rules. Kansas City, MO: National Federation of State High School Associations. 1986.

Booklet
Grades 4-12

This booklet gives up-to-date rules and illustrations easily understood by students.

Football's Daring Defensive Backs. Nathan Aaseng. Minneapolis: Lerner. 1984.

Book
Grades 4-6

This book is a study of several great defensive backs and their importance in their teams' defensive systems.

Football's Hard-Hitting Line-Backers. Nanthan Aaseng. Minneapolis: Lerner. 1984.

Book
Grades 4-6

This book is a study of great professional middle line-backers during the 1970s.

Football's Punishing Pass Rushers. Nathan Aaseng. Minneapolis: Lerner. 1984.

Book
Grades 4-6

This book takes a look at eight great pass rushers of the NFL.

Fosbury Flop. New York: Macmillan Films. 1976.

Film - 16mm, Color, 15 Minutes
Grades 7-12

The basic fundamentals of teaching the high jump using the Fosbury Flop is presented in both actual and very slow motion.

Four Minute Mile, The. Roger Bannister. New York: Dodd, Mead. 1966.

Book
Grades 6-12

This biography of Roger Bannister, the first athlete to break the four-minute mile, tells what motivates a man to train for years, why he never had a coach, and why he refused certain invitational meets. A chart presents the steps taken to conquer the sub-four-minute mile.

Frank Shorter Story, The. John Parker. Mountain View, CA: Runner's World Magazine. 1972.

Book
Grades 7-12

This book profiles the life of Frank Shorter, his Olympic games, marathon races, and international success.

Freewheeling. Bicycling the Open Road. Gary Ferguson. Seattle, WA: Mountaineers. 1984.

Book
Grades 9-12

This book discusses all aspects of biking from selecting a touring bicycle, planning a route, and packing supplies to preparing for weather, expenses, traffic, repairs, and first aid.

Freshwater Fish and Fishing. Jim Ainosky. New York: Four Winds. 1982.

Book
Grades 4-8

This book is a beginner's guide which focuses on practical fishing advice including step-by-step instructions for making one's own lures.

Frisbee: More Than a Game of Catch. Judy Horowitz and Billy Bloom. El Cerrito, CA: Leisure Press. 1983.

Book
Grades 7-12

This book demonstrates the basic throws, free style catches and delays, and the rules for the sport of frisbee.

From the Bottom of the Tennis Ladder: For Those Who Claim It Is Only a Game. John Cowan Crockett. New York: Vantage Press, Inc. 1982.

Book
Grades 9-12

The purpose of this book is to outline and discuss the various status levels commonly seen within tennis ladders.

Funsports for Everyone. Gail Andersen Myers. Philadelphia: Westminster Press. 1984.

Book
Grades 6-8

This book describes a number of sports that require little training and no expensive equipment or facilities, but provide fitness and fun.

Game, The. Ken Dryden. New York: Times Books. 1983.

Book
Grades 9-12

The author reviews his last season as an ice hockey star and presents an in-depth look at the benefits and drawbacks of this sport.

Game and the Glory, The. Joe Reichler. Englewood Cliffs, NJ: Prentice-Hall. 1976.

Book
Grades 7-12

This is a comprehensive reference book on the game of baseball.

Giant Book of Strange But True Sports Stories. Howard Liss. New York:
Random House. 1976.

Book
Grades 3-6

This is a collection of humorous anecdotes and unique happenings in the sports world.

Glory of Their Times, The. Lawrence S. Ritter. New York: Morrow. 1984.

Book
Grades 9-12

This is the story of the early days of baseball told by the men who played it.

Golf Explained: How to Take Advantage of the Rules. Peter Dobereiner.
New York: Sterling Publishing. 1977.

Book
Grades 7-12

This book provides a discussion of golfing rules, regulations, and the interpretation of these rules. A glossary is included.

Golf Rules in Pictures. United States Golf Association. New York: Perigee Books. 1984.

Book
Grades 9-12

This book provides definitions of golf terms and explanations of traditional etiquette and the rules of play.

Great Beginnings: Olympics to Super Bowl to World Series to.... Stephen C. Turner. New York: Messner. 1981.

Book
Grades 3-8

An interesting anecdotal recounting of the "first" occurrences of sports events that have since become very popular.

Great Moments in American Sports. Jerry Brondfield. New York: Random House. 1984.

Book
Grades 4-6

This book recounts the most notable sports events since 1900. Included are the first Rose Bowl game and Hank Aaron's 715th home run.

Great Women Athletes. Martha Moffett. New York: Platt and Munk. 1974.

Book
Grades 5-10

This book is a collection of short biographies of women who excelled in tennis, swimming, golf, skating, gymnastics, and other sports.

Gridscout Offense Analysis Program. Yuba City, CA: Micro-Scout, Inc. 1988.

Computer Software - (Apple II/II+, IIe, 48K; TRS-80 Models III, IV; IBM PC, 64K)

Grades 7-12

This program can analyze a team's offensive tendencies, strengths and weaknesses. Information can be entered play by play and examined through 25 different reporting methods.

Guide to Distance Running. Bob Anderson and Joe Henderson. Mountain View, CA: World Publications. 1971.

Book
Grades 9-12

This book contains articles and photographs on all phases of endurance running: training, running races, coaching, and the individuals who participate and why.

Guinness Book of the Marathon. Roger Gynn. Riverside, CA: Guinness Superlatives. 1984.

Book
Grades 7-9

This book provides interesting and little known facts about the history of the marathon and marathon races throughout the world.

Guinness Sports Record Book. Norris McWhirter. New York: Sterling Publishing. 1985.

Book
Grades 5-12

This book gives an interesting, unbiased recording of sports achievements.

Gymnastic Basics. Mary Jean and John Traetta. Englewood Cliffs, NJ: Prentice-Hall. 1979.

Book
Grades 5-9

This book provides information on the sport's history, apparatus, clothing, judging standards, and required competition events.

Gymnastics. David Hunn. Morristown, NJ: Silver Burdett. 1980.

Book
Grades 5-8

International gymnastic champions portray the rigorous training, strength, and grace of the sport through full color photographs.

Gymnastics. Ross R. Olney. New York: Franklin Watts. 1976.

Book
Grades 5-9

This book provides information on the sport's history, apparatus, clothing, judging standards, and required competition events.

Gymnastics Fundamentals for Girls. Santa Monica, CA: BFA Educational Media. 1981.

Film - 16mm, Color, 15 Minutes
Grades 6-10

Slow motion and stop action illustrate the basic movements, methods, and techniques used frequently in female competition.

Handbook of Tennis, The. Paul Douglas. New York: Knopf. 1982.

Book
Grades 9-12

This book covers all aspects of the sport: the history, beginning strokes, high level strategy, fitness exercises, possible injuries, and construction of equipment and courts.

Harlem Globetrotters, The: Basketball's Funniest Team. Bill Gutman. Champaign, IL: Garrard. 1977.

Book
Grades 4-6

The history and antics of this famous basketball team are presented in simple words and pictures.

Henry Aaron: Home-Run King. Sam and Beryl Epstein. Champaign, IL: Garrard. 1975.

Book
Grades 3-7

This tells the story of Hank Aaron and how his record-breaking 715th home run made him a baseball hero.

Heroes of the Olympics. Hal Higdon. Englewood Cliffs, NJ: Prentice-Hall. 1965.

Book
Grades 3-7

This book tells the story of ten top Olympic stars whose desire, rather than just physical strength, in the face of great odds, made them winners. Included are Jesse Owens and Wilma Rudolph.

Herschel Walker. S.H. Burchard. San Diego, CA: Harcourt. 1982.

Book
Grades 4-6

This book profiles the life of this star running back from his childhood in Georgia to his signing with the New Jersey Generals.

Hiker's Bible, The. Robert Elman. New York: Doubleday. 1982.

Book
Grades 9-12

This guide to hiking and backpacking includes information on equipment, techniques, safety, and trail and camping facilities.

Hiking Light. Marilyn S. Doan. Seattle, WA: Mountaineers Books. 1982.

Book
Grades 9-12

This book presents an introduction to backpacking that will appeal to both beginner and advanced hikers. An organized approach with a minimal effect on the natural environment is stressed.

Hitting, Pitching, and Running--Maybe. Gary Paulsen. Chicago: Children's Press. 1976.

Book
Grades 3-5

This book presents the different aspects of baseball in a simple, humorous format.

Hockey Encyclopedia, The: The Complete Record of Professional Ice Hockey. Stan Fischler and Shirley Walton Fischler. New York: Macmillan. 1983.

Book
Grades 9-12

This reference includes a complete Player and Goaltender Register and a year-by-year listing of the standings and scoring leaders for every season since 1917.

Home Run: Baseball's Greatest Hits and Hitters. Zander Hollander, Editor.
New York: Random House. 1984.

Book
Grades 7-9

This book discusses the hitting records and achievements of baseball greats such as Babe Ruth, Reggie Jackson, Jackie Robinson, and Pete Rose.

How Sports Came to Be. Don L. Wulffson. New York: Lothrop, Lee & Shepard.
1980.

Book
Grades 6-8

The origins of seven different sports--table tennis, bowling, boxing, baseball, golf, badminton, and skiing--are discussed.

How to Eat Your ABC's: A Book about Vitamins. Hettie Jones. New York:
Four Winds Press. 1976.

Book
Grade K-3

This book provides basic information on the importance of vitamins and proper diet for good health. Each vitamin is discussed individually and in relation to the body and other vitamins.

How to Succeed at Cycling. Franz Wollermuller. New York: Sterling
Publishing. 1982.

Book
Grades 9-12

This book is divided into two parts: cycling for pleasure and cycling as a sport. Both present information on types of bicycles, maintenance and repair, and training and riding techniques.

How to Succeed at Soccer. Gerhard Bauer. New York: Sterling Publishing.
1982.

Book
Grades 6-12

An introduction to soccer, this book covers the history, equipment, basic skills, training methods, tactics, and rules.

How to Succeed at Tennis. Peter Scholl. New York: Sterling Publishing.
1982.

Book
Grades 9-12

This book is a guide for the beginner as well as the player interested in advancing to the tournament level. How to as well as how not to instructions are provided for the various strokes. Tactics for singles and doubles playing are also included.

Ice Skating Basics. Norman Maclean. New York: Prentice-Hall. 1984.

Book
Grades K-6

This book presents an introduction to the basics of ice skating, providing information on equipment, exercises, and training.

Imaging: Think Your Way to Success in Sports and the Classroom. Ross R. Olney and Patricia J. Olney. New York: Atheneum. 1985.

Book
Grades 9-12

This book is a guide to using imagery or visualization to focus on the positive in sports, in the classroom, and all other areas of life. Step-by-step procedures used by athletes to focus their imagination on winning techniques are presented as well as exercises to help performers relax at the critical moment.

Interview with Lynne Cox, An. Gary Libman. Mankato, MN: Creative Education/Children's Press. 1977.

Book
Grades 3-6

This is a combination biography/interview with a young American long distance swimmer who twice held the record for crossing the English Channel.

Introduction to Sports Acrobatics, An. Morgan Smith. Westboro, MA: Stanley Paul. 1983.

Book
Grades 9-12

This book presents the fundamentals of sports acrobatics, exercises designed to develop acrobatic skills, and guidance on developing competitive programs.

It's a Girl's Game Too. Alice Siegal and Margo McLoone. New York: Holt, Rinehart & Winston. 1984.

Book
Grades 4-8

This book helps inexperienced players understand how certain games are played, so when they have an opportunity, they will understand the game and be able to perform.

Jackie Sorensen Presents. Jacki Sorensen. Long Branch, NJ: Kimbo. (n.d.).

Record
Grades 6-12

This is an intermediate advanced aerobic dancing record for home or school. Advanced steps are set to musical selections which include the "Hustle," "Star Wars," "It's a Miracle," and more.

Janet Guthrie. Edward F. Dolan, Jr. New York: Doubleday. 1978.

Book
Grades 4-6

This is the story of the first woman driver to qualify for the Indianapolis 500.

Janet Guthrie: Foot to the Floor. Mary Virginia Fox. Minneapolis: Dillon Press. 1981.

Book
Grades 3-6

The story of Janet Guthrie from her interest in cars as a young girl to finishing ninth in the 1978 Indy 500 as the first woman driver to race in that event.

Janet Lynn. Ann Morse. Chicago: Children's Press. 1976.

Book
Grades 1-3

The story of Janet Lynn Nowicki, world famous figure skater who began her career at age 2 1/2, and the role her family played in her fame.

Jesse Owens Story, The. Jesse Owens and Paul G. Neimark. New York: Putnam. 1970.

Book
Grades 4-8

The story of one of the world's greatest runners who won four gold medals at the 1936 Olympics. His youth in poverty to his record breaking events are told in a way which emphasizes that a person can become successful at anything he/she tries hard enough to achieve.

Jim "Catfish" Hunter. S.H. Burchard. San Diego, CA: Harcourt. 1976.

Book
Grades 2-4

An easy to read biography of the strong pitcher from North Carolina who played for the Oakland Athletics and later joined the New York Yankees.

Jim Plunkett, The Comeback Kid. Ray Buck. Chicago: Children's Press. 1984.

Book
Grades 4-6

This book portrays Jim Plunkett's winning attitude and his love of the game.

Jim Thorpe. Thomas Fall. New York: Crowell. 1970.

Book
Grades 3-5

The story of Jim Thorpe which includes the many personal tragedies and rewarding experiences during his life.

Jim Thorpe, Young Athlete. Laurence Santrey. Mahwah, NJ: Troll Associates. 1983.

Book
Grades 4-6

This book profiles the childhood and young adulthood of the American Indian whose 1912 Olympic gold medals had to be forfeited.

Joe DiMaggio. Gene Schoor. New York: Doubleday. 1980.

Book
Grade 4-6

The biography of Joe DiMaggio's professional baseball career from 1936 through 1951.

Joy of Snorkeling, The: An Illustrated Guide. Steve Blount and Herb Taylor. New York: Collier Books. 1984.

Book
Grades 9-12

This book offers a perception and appreciation of the sport, providing tips on the selection and use of equipment, underwater swimming techniques, and criteria for site selection.

Jump Aerobics, Jump Rope Activities. Don Disney. Long Branch, NJ: Kimbo. 1983.

Record
Grades 4-8

This program provides an instruction booklet identifying jump rope routines that fit the march, swing, folk, and ethnic tempo of the musical selections. Side A is narrated; side B provides music only.

Jump for the Health of It. Dallas, TX: American Heart Association. (n.d.).

Film - 16 mm, Color, 10 Minutes
Grades K-12

This film stresses the benefits of jumping rope and aerobic exercise and how it can be adapted to anyone's needs and limitations. Charts and a curriculum guide are included.

Jumpnastics. Freeport, NY: Educational Activities. (n.d.).

Record
Grades K-2

Included is a guide which provides directions for foot and arm movements corresponding to popular songs with both fast and slow tempos to develop agility, coordination, and dexterity.

Judo: A Gentle Beginning. Jeannette Bruce. New York: Crowell.
1975.

Book
Grades 2-6

This book describes the history and fundamentals of judo. It stresses that it is a sport that does not rely on physical strength for success.

Julian Messner Sports Question & Answer Book, The. Edward F. Dolan. New York: Messner. 1984.

Book
Grades 4-6

This book discusses the history, rules, strategies, equipment, and outstanding players of baseball, football, soccer, ice hockey, gymnastics, and other sports.

Karate: Beginner to Black Belt. Bruce Tegner. Ventura, CA: Thor Publishing Company. 1982.

Book
Grades 9-12

Step-by-step instructions in karate techniques are presented from the basics to advanced. Safety, health, and fitness are emphasized.

Killy: The Sports Career of Jean-Claude Killy. James Hahn. Mankato, MN: Crestwood House. 1981.

Book
Grades 3-6

The story of Jean-Claude Killy and how he developed his natural aptitude for skiing to win three gold medals in the 1968 Olympics.

Lacrosse Is for Me. Robert E. Reynolds. Minneapolis: Lerner.
1984.

Book
Grades 3-5

Information on equipment, playing positions, catching skills, passing skills, and game rules are all included, as is a description of girls' lacrosse.

Let's Do Yoga. Ruth Richards and Jay Abrams. New York: Holt, Rinehart & Winston. 1975.

Book
Grades K-3

This book provides illustrations and step-by-step instructions on classic yoga positions and breathing techniques.

Listen with Your Ears. William Janiah. Long Branch, NJ: Kimbo. (n.d.).

Record
Grades K-3

For special and young children, this record presents activities which include "We Wash Our Face," "We All Are Marching," "I Like to Jump," "Set Down," and more.

L. L. Bean Guide to the Outdoors, The. Bill Riviere. New York: Random House. 1981.

Book
Grades 9-12

This book provides information on outdoor recreation (except hunting and fishing). It includes sections on planning, weather, clothing, footgear, tents, packs, cooking, skis and snow shoes, canoes, maps, compasses, and orienteering. An excellent source for the beginner needing basic information.

Lonely Heroes, The: Professional Basketball's Great Centers. Merv Harris. New York: Viking. 1975.

Book
Grades 6-12

This book discusses the professionals from Bill Russell to Bob McAdoo.

Long-Distance Runner's Guide to Training and Racing. Ken Sparks. Englewood Cliffs, NJ: Prentice-Hall. 1984.

Book
Grades 9-12

This book explains how to prepare for running in a marathon race, discusses the prevention of injuries, and examines the effects of nutrition and drugs on running.

Long Way, Baby, A: Behind the Scenes in Women's Pro Tennis. Grace Lichtenstein. New York: Morrow. 1974.

Book
Grades 5-10

This book is based on insights gained through travels with the players and reveals how some women feel about being pro tennis players.

Lou Gehrig: Courageous Star. Robert Rubin. New York: Putnam. 1979.

Book
Grades 4-7

This story of Lou Gehrig profiles his personal courage as he dealt with his fatal illness and his record in the game he played.

Lummi Sticks for Kids. Laura Johnson. Long Branch, NJ: Kimbo. (n.d.).

Record
Grades Pre K-3

This is a collection of twelve simplified lummi stick activities for developing coordination and motor skills. Musical selections include "Fame," "Electric Company," "The Flintstones," and more.

Man with a Mission: Pelé. Larry Adler. Chicago: Children's Press. 1976.

Book
Grades 5-8

The story of the famous soccer player from Brazil and why he chose to come to America.

Marathon: The World of the Long Distance Athlete. Gail Campbell. New York: Sterling Publishing. 1977.

Book
Grades 5-9

This book introduces the reader to those who willingly endure what is necessary to be a long distance athlete in running, swimming, or bicycling.

Martial Arts: The. Susan Ribner and Richard Chin. New York: Harper & Row. 1984.

Book
Grades 7-9

This book traces the history of the martial arts and details stances and training programs for kung fu, judo, karate, aikido, and such lesser known martial arts as kendo, naginata, and ninjitsu.

Mary Decker, America's Nike. Cathy Henkel. Chicago: Children's Press. 1984.

Book
Grades 3-5

This is a profile of the American track and field star who has achieved a world ranking in five different running events.

Mary Lou Retton. George Sullivan. New York: Messner. 1983.

Book
Grades 6-8

This is the story of the woman whose perfect score on the full back somersault made her the first American woman to win an individual gymnastics medal in the Olympics.

Mary Lou Retton: Gold Medal Gymnast. Hal Lundgren. Chicago: Children's Press. 1984.

Book
Grades 2-4

This biography traces Mary Lou Retton's gymnastic career from its beginning to her spectacular five Olympic medals in 1984 and to her hopes for the 1988 Olympics.

Mastering Softball. Ed Zolna and Mike Conklin. Chicago: Contemporary Books. 1981.

Paperback Book
Grades 9-12

This book serves as an excellent introduction to pitching, hitting, baserunning, defense, and coaching strategies. Situation plays, training drills, and a glossary are also included.

Masters of the Marathon, The. Richard Benyo. New York: Atheneum. 1983.

Book
Grades 9-12

This book profiles fourteen of the greatest long distance runners and describes their most famous races.

Maximum Sports Performance. James F. Fixx. New York: Random House. 1985.

Book
Grades 9-12

This book provides practical advice for amateur athletes on scientific-based techniques for superior sports performance.

Modern American Square Dance Series. Long Branch, NJ: Kimbo. (n.d.).

Record - 3 volumes, 2 records each
Grades 3-12

The three-volume set is based on a progression of skills and combines modern and traditional styles. Volume I covers the circle and square formation to Tijuana Brass music; Volume II covers the circle and square formation to Dixieland music; and Volume III covers the routine and line formation to Rock and Western music.

Modern Basketball Superstars. Bill Gutman. New York: Dodd, Mead. 1975.

Book
Grades 5-12

This book offers a brief look at the careers of five basketball stars--Wilt Chamberlain, John Havlicek, Walt Frazier, Dave Cowens, and Kareem Abdul-Jabbar.

Modern Gymnastics with Ribbons. Long Branch, NJ: Kimbo. (n.d.).

Record
Grades 3-8

This record provides music for waves, serpents, spirals, swings, circles, figure 8s, and mills.

Modern Women's Gymnastics for Both Teacher and Gymnast. William Sands. New York: Sterling Publishing. 1983.

Book
Grades 9-12

This book covers the four Olympic gymnastic events: vaulting, uneven parallel bars, balance beam, and floor exercise. The skill levels are beginner to advanced.

More Weird Moments in Sports. Bruce Weber. New York: Scholastic. 1983.

Book
Grades 7-9

This book describes the humorous actions of players, coaches, and fans during baseball, football, basketball, and ice hockey games.

Moses Malone. Hal Lundgren. Chicago: Children's Press. 1983.

Book
Grades 4-6

Action photographs highlight this biography of basketball superstar Moses Malone, the remarkable center for the Philadelphia 76ers.

Movement (Your Body). John Gaskin. New York: Franklin Watts. 1984.

Book
Grades K-3

This book provides an introduction to the human skeleton and discusses the interaction of bones and muscles and the importance of exercise.

Moving to Win: The Physics of Sports. Sara Chase. New York: Messner. 1977.

Book
Grades 6-9

This book deals with the concepts of mass, momentum, action, reaction, gravity, friction, acceleration, and velocity and how they relate to and affect children's physical activity.

Nadia Comaneci. Thomas Braun. Makato, MN: Creative Education/Children's Press. 1977.

Book
Grades 2-5

This is a short, well-written biography on the 1976 gold medal Olympic gymnast from Romania.

Nadia Comaneci. S. H. Burchard. San Diego, CA: Harcourt. 1984.

Book
Grades 2-6

The story of Nadia, the gymnastic star of the 1976 Olympics from Romania.

Nautilus Handbook for Young Athletes, The. Ellington Darden. St. Paul, MN: Wanderer Books. 1984.

Book
Grades 9-12

This book is especially written for teenagers and provides a fundamental understanding of the body, easy to follow workouts, diet programs, and instructions on the use of the Nautilus equipment.

New Games Book. Andrew Fluegelman. New York: Doubleday. 1976.

Book
Grades 6-12

This is a collection of nonviolent group games that require a minimum of equipment. The games are suited for players of all ages and physical conditions.

New Physical Fitness: Something for Everyone, The. Richard B. Plyttle. New York: Franklin Watts. 1981.

Book
Grades 6-8

This book provides physical fitness routines and exercises.

New York Times Book of Baseball History: Major League Highlights from the Pages of the New York Times. Gene Brown, Editor. New York: Quadrangle. 1975.

Book
Grades 9-12

This is a comprehensive history of the major events in baseball from 1870 to 1974. Newspaper clippings and photographs supplement the text.

Newton at the Bat. Eric Schrier and William F. Allman. New York: Charles Scribner's. 1984.

Book
Grades 9-12

This book provides information on the functioning of the body, the use of various types of sporting equipment, and how this gear is designed for maximum safety.

NFL Superstars. Hal Lundegren. Chicago: Children's Press. 1984.

Book
Grades 4-6

This book profiles the football careers of twenty-five NFL superstars and includes a concise history of all professional football teams.

Nine Innings. Daniel Okrent. New York: Ticknor & Fields. 1985.

Book
Grades 9-12

This book discusses catchers' signals, the physiology of pitching, the owner's balance sheet, and many other areas of professional baseball. The June 10, 1982 game between the Brewers and the Orioles is used as the framework.

1984 Olympic Games, The: Sarajevo/Los Angeles. Dick Schapp. New York: Random House. 1984.

Book
Grades 8-12

This is a day-by-day account of the games with an emphasis on noteworthy events such as the Decker-Budd collision. The reporting is professional with many full-color photographs.

No Mountain Too High. Stan Cottrell. Old Toppan, NJ: Revell. 1984.

Book
Grades 7-9

Likening his pursuits to mountains, the author tells how his determination, courage, and endurance have enabled him to set world records and accomplish amazing feats in ultramarathon running.

Nutrition - A Balanced Diet. G. Chandler. Huntington Beach, CA: Computer Courseware Service. 1982.

Computer Software - 1 Disk (Apple IIe)
Grades 7-12

This program allows a student to evaluate his or her own diet. Topics such as basic food groups, nutritional requirements, balanced diets, nutritional terms, activity levels, and caloric intake are covered.

Nutrition Simulation. St. Paul, MN: EMC Corporation. 1982.

Computer Software - 1 Disk (Apple IIe)
Grades 9-12

This program helps students make decisions involving healthful eating. Feedback is provided on diet and cost.

Nutrition Tutorial. Huntington Beach, CA: Computer Courseware Service. 1983.

Computer Software - 1 Disk (Apple IIe)
Grades 7-12

This tutorial teaches what nutrition is, why it is important, and how the principles of nutrition can be applied. It may be used by small groups or individuals needing extra work in this area.

Oakland Raiders, The. Julian May. Chicago: Children's Press. 1977.

Book
Grades 4-9

This book is a history of the former Oakland Raiders in a large print, easy to read format.

Olympic Games in Ancient Greece. Shirley Glubok and Alfred Tamarin. New York: Harper & Row. 1984.

Book
Grades 7-9

This book recreates an Olympiad that might have taken place in the fifth century B.C. to provide an insight into Greek legend, history, and athletics.

Olympic Gold. Frank Shorter. Boston: Houghton, Mifflin. 1984.

Book
Grades 9-12

The author reviews the importance of running in his life and the techniques and methods he used.

Olympics. Dennis B. Fradin. Chicago: Children's Press. 1983.

Book
Grades 3-5

This book traces the history, both ancient and modern, of the Olympic Games and discusses the sports featured at the winter and summer games.

Olympics: The Eternal Torch. Glen Ellyn, IL: Paramount/Oxford. 1974.

Film - 16mm, Color, 27 Minutes
Grades 5-12

This film is a documentary which traces the history of the Olympic Games from Jim Thorpe in 1912 through the Arab terrorists in 1972.

On Target for Understanding Winning Archery. Al Henderson. Mequon, WI: Target Communications Corporation. 1983.

Book
Grades 9-12

This book presents techniques for achieving better performance in the sport of archery.

On the Lesson Tee. Jack Graut. New York: Sterling Publishing. 1982.

Paperback Book
Grades 5-12

Useful as a resource for instructors, this book covers general information for getting started in golf.

1, 2 and 3 and Move. Georgiana Liccione. Long Branch, NJ: Kimbo. 1974.

Record
Grades K-3

This narrated record with background music teaches skipping, hopping, jumping, and other simple exercises through repetition.

Optimal Tennis. Jack L. Groppe and Arthur Shay. Chicago: Contemporary Books. 1983.

Book
Grades 9-12

This book analyzes the many idiosyncrasies of professional players through the writing of Jack Groppe and the freeze-frame sequence photographs of Arthur Shay.

Parachute Activities with Folk Dance Music. Long Branch, NJ: Kimbo.
(n.d.).

Record
Grades K-6

Activities for the parachute are set to authentic folk dance music and intertwined with folk dance steps. Included are "Irish Washerwoman," "La Raspa," "Mayim Mayim," and more.

Pele. Don Kowet. New York: Atheneum. 1976.

Book
Grades 7-12

This book tells of Pele's rise to stardom and the impact he has had on the growth of soccer in America.

Pele: The King of Soccer. Clare and Frank Gault. New York: Walker & Co. 1975.

Book
Grades 2-7

The story of the development of a poor Brazilian youth into one of the world's great athletes.

Perfect Balance: The Story of an Elite Gymnast. Lynn Haney. New York: Putnam. 1983.

Book
Grades 6-12

This book deals with the training, determination, and discipline necessary for a 15 year old gymnast, Leslie Russo, to make the U.S. Olympic Team.

Personal Fitness: Keeping Your Body in Tune. Mount Kisco, NY: Guidance Associates. 1984.

Filmstrip, Sound - 3 filmstrips
3 cassettes

Grades 9-12

This series consisting of three programs (Nutrition: Foods, Fads, Frauds, Facts; Looking Good: A Guide to Personal Grooming; Your Body: Fitness, Growth, Appearance) explains the effects of various types of exercise on the body, discusses the importance of eating well-balanced meals, and encourages the integration of personal hygiene and good grooming.

Pete Gray: One-Armed Major Leaguer. William G. Nicholson. Englewood Cliffs, NJ: Prentice-Hall. 1976.

Book
Grades 1-3

The story of Pete Gray, who lost his arm at the age of six but still realized his dream of playing in the major leagues.

Pete Rose "Charlie Hustle". Pete Rose. Chicago: Children's Press. 1983.

Book
Grades 4-6

This book profiles Pete Rose one of baseball's greatest players.

Phil Esposito: Hockey's Greatest Scorer. Bill Libby. New York: Putnam. 1977.

Book
Grades 5-9

This book deals with Esposito's 1974-75 outstanding ice hockey season.

Physical Education and Sport for the Secondary School Student. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1983.

Textbook
Grades 9-12

This text provides a well-balanced program of physical activities divided into twenty-three areas to cover the physical education, fitness, and sports fields. It was developed as a secondary text for students to use in physical education class or supplementary to it.

Physical Fitness for Young Champions. Robert J. Antonacci and Jene Barr. New York: McGraw-Hill. 1975.

Book
Grades 4-6

This is a manual on physical fitness for those already involved in sports. It contains tests and exercises as well as a chapter on a fitness for the physically handicapped.

Physical Fitness Through Sports and Nutrition. Walter H. Gregg. New York: Charles Scribner's. 1975.

Book
Grades 4-8

This guide to physical fitness for youth stresses good eating habits, exercise, conditioning, and developing and maintaining a strong self-image.

Physiology of Exercise, The. New York: Sunburst. 1976.

Filmstrip, Sound - 2 filmstrips
2 cassettes or records

Grades 9-12

This program emphasizes the importance of regular, vigorous exercise for maintenance of a healthy cardiovascular system and overall fitness as well as the need for stamina training in today's sedentary society to increase cardiovascular fitness, muscle strength, and flexibility.

Picture Story of Frank Robinson, The. B. E. Young. New York: Messner. 1975.

Book
Grades 4-7

This book tells the story of Frank Robinson's career from his high school days to manager of the Cleveland Indians.

Picture Story of Reggie Jackson, The. George Sullivan. New York: Messner. 1977.

Book
Grades 3-5

The story of Reggie Jackson, who turned down a college football scholarship to play pro baseball.

Picture Story of Walt Frazier, The. Howard Liss. New York: Messner. 1976.

Book
Grades 5-12

This book tells the story of Walt Frazier from his youth to his outstanding performance as a professional basketball star.

Picture Story of Wayne Gretzky, The. Jim Benagh. New York: Messner. 1982.

Book
Grades 6-8

The story of Wayne Gretzky, who at the age of fourteen was training for a professional ice hockey career.

Pittsburgh Steelers: Super Bowl Champions. Julian May. Chicago: Children's Press. 1976.

Book
Grades 2-5

The story of the Pittsburgh Steeler's climb to become the top team of professional football is told in easy to read format with many black and white photographs.

Playgrounds. Gail Gibbons. New York: Holiday. 1985.

Book
Grades K-3

This book presents all the items found on playgrounds and the types of games and activities that take place there.

Playing Basketball. Glen Ellyn, IL: Paramount/Oxford. 1975.

Film - 16mm, Color, 13 Minutes
Grades 3-8

This is an introduction to the basic skills of basketball, including passing, dribbling, and shooting.

Playing Softball. Glen Ellyn, IL: Paramount/Oxford. 1975.

Film - 16mm, Color, 11 Minutes
Grades 3-8

This is an introduction to the basic skills of softball, including batting, catching, throwing, pitching, and base running.

Playing Touch Football. Glen Ellyn, IL: Paramount/Oxford. 1975.

Film - 16mm, Color, 12 Minutes
Grades 3-8

This film covers the basic skills of touch football, including running, passing, receiving, and centering.

Playtime Parachute Fun. Jill Gallina. Long Branch, NJ: Kimbo. (n.d.).

Record
Grades K-6

Students work as a team as they develop gross motor skills while performing the various parachute routines presented.

Practical Fisherman, The. C. Boyd Pfeiffer. Piscataway, NJ: Winchester Press. 1982.

Book
Grades 5-8

This book presents an overview of angling while stressing practicality and safety. All aspects of fishing from bait to filleting are covered with no particular fish or environment emphasized.

Pro Sports' Greatest Rivalries. Nathan Aaseng. Minneapolis: Lerner. 1982.

Book
Grades 4-6

Several great sports rivalries are discussed, such as the Redskins and the Cowboys, and the Red Sox and the Yankees.

Pumping Up: Super Shaping the Feminine Physique. Ben Weider and Robert Kennedy. New York: Sterling Publishing. 1985.

Book
Grades 9-12

This book provides new techniques for developing the female body through a training program using weights.

Quarterbacking. Joe Theismann. New York: St. Martins. 1983.

Book
Grades 9-12

This revised edition includes tips on footwork, handoffs, taking the snap, and game strategy. Also included are chapters on placekick holding and differences between U.S. and Canadian football.

Queens of the Court. George Sullivan. New York: Dodd, Mead. 1974.

Book
Grades 5-8

This book profiles the styles, attitudes, and winning qualities of tennis pros Goolagong, Casals, Wade, and Evert.

Quiet Legend, The: Henry Aaron. F. M. Milverstedt. Chicago: Children's Press. 1975.

Book
Grades 6-12

The career of Hank Aaron is told through a series of flashbacks and answers to questions such as why did he have to break Babe Ruth's record before he was recognized as being great?

Racquet Sports: An Illustrated Guide. Elinor Nickerson. Jefferson, NC: McFarland & Company. 1982.

Book
Grades 6-12

This book provides basic information on tennis, table tennis, racquets, squash, racquetball, and badminton for those interested in learning to play. Similarities and differences of the racquet sports are discussed.

Racquetball is For Me. Mark Lerner. Minneapolis: Lerner. 1983.

Book
Grades 3-7

This book discusses the fundamentals of racquetball, such as the proper grip, forehand, backhand, and serve.

Racketball Rules and Techniques Illustrated. George Sullivan. New York: Cornerstone Library. 1982.

Book
Grades 9-12

This book presents over 100 photographs, diagrams, and drawings which explain the rules and techniques for playing racketball.

Record Breakers: 101 Winning Streaks in Sports. Zander Hollander. New York: Scholastic Books. 1984.

Book
Grades 6-8

This book covers the record-breaking achievements of many sport greats.

Rhythmic Parachute Play and Parachute Activities. Jo Ann Seker and George Jones. Long Branch, NJ: Kimbo. 1969.

Record
Grades Pre K-7

This record introduces the teacher and student to parachute activities.

Roberto Clemente: Pride of the Pirates. Jerry Brondfield. Champaign, IL: Garrard. 1976.

Book
Grades 4-6

This is the biography of Clemente, the baseball star who was killed in a 1972 plane crash. Emphasis is on the personal qualities that made him great.

Roller Skating. D. J. Herda. New York: Franklin Watts. (n.d.).

Book
Grades 4-6

This introductory guide provides diagrams and photographs which show how to steer a straight course and develop skills for roller disco and competitive skating.

Roller Skating: Fundamentals & Techniques. Sharon Kay Stoll. El Cerrito, CA: Leisure Press. 1983.

Book
Grades 9-12

This book discusses equipment selection and locomotion techniques. Included is a glossary and a bibliography.

Rope Jumping and Ball Handling. David G. Rumbaugh. Bellwin Mills. 1984.

Record
Grades 1-3

This record provides suitable music to accompany rope jumping and ball handling.

Rule Book, The: The Authoritative Up-to-Date Illustrated Guide to the Regulations, History, and Object of All Major Sports. New York: Diagram Group. 1983.

Book
Grades 7-9

A reference guide to sports which details the rules, regulations, equipment, scoring, and history of every major competitive sport.

Run for Your Life. Dr. Art Mollen. New York: Dolphin. 1978.

Book
Grades 7-12

This book provides an introduction to the sport of running and discusses the medical and emotional aspects of the sport.

Run, Run, Fast. George Sullivan. New York: Crowell. 1980.

Book
Grades 4-6

This book deals with the sport of running, the exercises, clothing, and competitions in a light and humorous manner.

Running A to Z: An Encyclopedia for the Thoughtful Runner. Joe Henderson. Battleboro, VT: Stephen Greene. 1983.

Book
Grades 9-12

This book covers equipment, possible injuries, and training. The author reinforces the pleasures of running and its long term fitness benefits.

Running Basics. Carol Lea Benjamin. Englewood Cliffs, NJ: Prentice-Hall. 1979.

Book
Grades 3-5

This is a guide that emphasizes proper attire, conditioning, and avoiding injuries.

Running Body, The. E. C. Frederick. Mountain View, CA: World Publications. 1973.

Book
Grades 9-12

The main emphasis of this book is the physiological adjustments related to the months of training and the multitude of aches and pain associated with serious running.

Running for Your Life. Bill Emmerton and Ove H. Sehested. New York: World Publications. 1970.

Book
Grades 9-12

This is a highly readable and enjoyable treatment of one of today's most topical subjects: health and fitness. Exercises are discussed along with yoga programs, proper diet and nutrition for correct weight control, and important organs of the body-their interaction and their relationship to good health.

Running Is for Me. Fred Neff. Minneapolis: Lerner. 1980.

Book
Grades 3-6

This book tells the story of training for a three-mile race.

Running with Rachel. Frank and Jan Asch. New York: Dial. 1979.

Book
Grades 2-5

The story is told through the eyes of eleven-year-old Rachel who covers the favorable as well as unfavorable aspects of running.

Sailing "The Annapolis Way." Ernie Barta. Harrisburg, PA: Stackpole. 1984.

Book
Grades 9-12

A guide for the beginning sailor which discusses rigging, anchoring, etiquette, and weather.

Sayers: Sports Career of Gale Sayers, The. James and Lynn Hahn. Mankato, MN: Crestwood House. 1981.

Book
Grades 4-6

This book tells the story of Gale Sayers and stresses the hard work necessary to stay fit and become a well-rounded individual.

Science at the Ball Game. Thomas G. Aylesworth. New York: Walker & Company. 1977.

Book
Grades 7-12

The scientific aspects which are intrinsic to sports, and which are usually taken for granted by both players and spectators, are examined in detail.

Self-Coached Runner, The. Allan Lawrence and Mark Scheid. Boston: Little, Brown. 1984.

Book
Grades 9-12

This book provides a day-to-day schedule for self-coaching. Training schedules are included for different distances.

Self-Defense for Women: How to Stay Safe and Fight Back. Susan L. Peterson. El Cerrito, CA: Leisure Press. 1984.

Book
Grades 9-12

This is a guide to personal safety that emphasizes avoiding dangerous situations, developing physical fitness, and learning self-defense skills. Information is appropriate for male and females interested in self-protection techniques.

Simplified Lummi Stick Activities. Long Branch, NJ: Kimbo. (n.d.).

Record
Grades K-3

Basic lummi stick activities for developing motor skills and coordination are presented. Selections include "Sesame Street," "It's a Small, Small World," and more.

Skaters. Lynn Haney. New York: Putnam. 1983.

Book
Grades 7-9

This book relates the story of competitive figure skating and its demanding training schedule.

Skaters Handbook, The. John Misha Petkevich. New York: Charles Scribner's. 1984.

Book
Grades 7-12

This book covers all aspects of skating from selection and care of equipment, styles of skating, and training programs to the history and opportunities for a professional career.

Slim Goodbody's Daily Desk Exercises. Chicago: Society for Visual Education. 1985.

Video Cassette - VHS 1/2", 30 Minutes
Grades K-8

Five sessions of simple classroom exercises are presented to lively music. Exercises cover balance, strength, agility, flexibility, and aerobics.

So Much to Live For. Althea Gibson with Curtis Richard. New York: Putnam. 1968.

Book
Grade 6-12

This is the autobiography of Althea Gibson, the tennis star from Harlem, who was the first black to play in a major U.S. tournament and who won Wimbledon twice.

Soccer. Bert Rosenthal. Chicago: Children's Press. 1983.

Book
Grades 2-4

This book describes the basic rules and regulations, equipment, and tactics of soccer.

Soccer Exercises and Tactics for Everyone. Glendale, CA: Aims. 1976.

Film - 16 mm, Color, 20 Minutes
Grades 6-12

This film offers sequential training exercises and drills which are simple to understand and follow.

Soccer Fundamentals for Everyone. Glendale, CA: Aims. 1976.

Film - 16 mm, Color, 12 Minutes
Grades 2-12

This film is an introduction to soccer and explains the basic movements and plays of the sport.

Soccer--Hands Off. Santa Monica, CA: BFA. 1975.

Film - 16 mm, Color, 12 Minutes
Grades 6-12

This film is an informative guide to the skills and strategy necessary to play an effective game of soccer.

Softball with Official Rules. Arthur T. Noren. New York: The Ronald Press Company. 1966.

Book
Grades 7-12

Though the major portion of the book deals with various positions and how to play them, it also covers a history of the game, the difference between softball and baseball, official rules, and construction of field equipment.

Spectator's Guide to Baseball, A. Dan Sperling. New York: Avon. 1983.

Book
Grades 7-9

This book explains baseball terms and concepts, describes various offensive and defensive strategies, and briefly describes the history of baseball.

Spectator's Guide to Football, A. Dan Sperling. New York: Avon. 1983.

Book
Grades 7-9

This book explains football terms and concepts, describes offensive and defensive strategies, and briefly describes the history of football.

Sport Stat Basketball Statistics. Freeport, NY: Educational Activities, Inc. 1984.

Computer Software - 1 disk (Apple II+/IIe/IIc, 48K; TRS 80 Models III/IV, 48K)

Grades 7-12

This record keeping program allows statistics to be kept on each player as well as the team.

Sporting Body, Sporting Mind: An Athlete's Guide to Mental Training. John Syler and Christopher Connally. New York: Cambridge University Press. 1984.

Book
Grades 9-12

This book presents an introduction to the techniques necessary to identify behavioral patterns and the mental and emotional elements that influence performance.

Sports. Durango, CO: Academic Hallmarks. 1984.

Computer Software - 2 disks (Apple II+ & IIe, IIc 48K)
Grades 7-12

These two interactive programs provide over 400 questions and answers on all major sports.

Sports. Chicago: Clearvue. 1975.

Filmstrip, Sound - 12 filmstrips
12 cassettes

Grades 3-8

The techniques and rules of various sports events are presented in a cartoon format. Contents: Softball 1: How to Play; Softball 2: Rules of the Game; Volleyball; Basketball; Touch/Flag Football 1: How to Play; Touch/Flag Football 2: Rules of the Game; Track; Tumbling; Floor Hockey; Field Hockey; Ice Hockey; and Soccer.

Sports. Leonard Everett Fisher. New York: Holiday. 1980.

Book
Grades 7-12

This book covers competitive sports of nineteenth century America with historical references and social commentary.

Sports Action I-II. Chicago: Gate House. 1980.

Filmstrip, Sound - 6 filmstrips
3 cassettes

Grades 3-6

Each title of this series presents an overview of the sport, tricks of the trade, equipment needed, some history of the sport, and usually one well-known performer. Contents: Set I: Skateboarding Action; Motorcycle Racing Action (Motocross); Surfing Action; Rodeo Action; Karate Action; and Bike and Bike Racing Action. Set II: Hot Air Ballooning Action; Dragster and Street Rod Action; Sailing Action; Skiing and Scuba Diving Action; Winter Sports Action; and Hang Gliding action.

Sports and Games. Harold Keith. New York: Crowell. 1976.

Book
Grades 7-12

This book presents the origins of the major popular sports with techniques, current rules, and tips for improvement.

Sports for the Handicapped. Anne Allen. New York: Walker & Company. 1981.

Book
Grades 7-12

This book deals with the recreational activities and sports available to handicapped persons.

Sports Hero, Larry Bird. Marshall Burchard. New York: Putman. 1982.

Book
Grades 3-5

This book is a profile of Bird from his years at Indiana State to his role in the 1979-80 NBA Championship.

Sports Hero: Magic Johnson. Marshall Burchard. New York: Putnam. 1981.

Book
Grades 4-7

This book tells of the early basketball experiences of Magic Johnson in high school and college and then describes his life as a player for the Los Angeles Lakers.

Sports Hero: Roger Staubach. Marshall and Sue Burchard. New York: Putnam. 1973.

Book
Grade 4-6

This is a biography of Roger Staubach, the U.S. Naval Academy quarterback, who after graduation served four years in the Navy before joining the Dallas Cowboys.

Sports Illustrated Badminton. Frank Devlin. Philadelphia: Lippincott. 1973.

Booklet
Grades 5-12

This is a basic guide to badminton for both beginners and more advanced players. Equipment, clothing, fundamentals of play, rules, and scoring are discussed.

Sports Illustrated Baseball. Jerry Kindall. New York: Harper & Row. 1983.

Book
Grades 9-12

This book deals with the four essential skills needed to play the game: hitting, running, throwing, and fielding. Offensive and defensive strategies also covered.

Sports Illustrated Bowling. Chuck Pezzano and Herm Weiskopf. New York: Harper & Row. 1981.

Book
Grades 9-12

This book presents information on the equipment, basic techniques, practice, scoring, and etiquette of the sport. A glossary is also included.

Sports Illustrated Canoeing. Dave Harrison. New York: Harper & Row.
1981.

Book
Grades 9-12

This book presents general information on canoeing from equipment to competition, including paddling and day trips.

Sports Illustrated Cross-Country Skiing. Casey Sheaban. New York: Harper & Row. 1984.

Book
Grades 9-12

This book covers the fundamentals and techniques of skiing the flats, telemark turning up-hills, racing, and touring. Also included is information on getting in shape, winter hazards, and snow camping.

Sports Illustrated Football: Quarterback. Bud Wilkinson. Philadelphia: Lippincott. 1976.

Book
Grades 7-12

This book describes the mental and physical requirements of being a successful quarterback. Included are drills, basic plays, formations, and techniques.

Sports Illustrated Judo. Paul Stewart. Philadelphia: Lippincott. 1976.

Book
Grades 7-12

This book presents the basic concepts of judo in step-by-step sequence photographs with concise, clear instructions.

Sports Illustrated Soccer. Dan Herbst. New York: Harper & Row. 1984.

Book
Grades 9-12

The basic skills of soccer are presented, as well as higher levels of play. Chapters on playing the game, team offense and defense, goal keeping, coaching, rules and regulations, and skill drills are included.

Sports Skills for Boys and Girls. James Harry Humphrey and Jay N. Humphrey. Springfield, IL: Charles C. Thomas. 1980.

Book
Grades 4-6

This book provides young athletes with the information to analyze and improve the skills used in team sports such as basketball, soccer, softball, football, and volleyball.

Sports Stars, The Book of Baseball Greats. S.H. Burchard. San Diego, CA: Harcourt. 1983.

Book
Grades 4-6

This book is a collection of biographies of fourteen great baseball stars.

Sports Star, Fernando Valenzuela. S.H. Burchard. San Diego, CA: Harcourt. 1982.

Book
Grades 5-7

This book profiles Fernando Valenzuela, from his childhood in Mexico to his first year as a player for the LA Dodgers.

• Sports Star, Larry Bird. S.H. Burchard. San Diego, CA: Harcourt. 1983.

Book
Grades 3-5

This is the story of Larry Bird, from his childhood in Indiana to his success as one of the NBA's most outstanding players.

Sports Suite, A. San Diego, CA: Pyramid Films. (n.d.).

Film - 16 mm, Color, 8 Minutes
Grades 5-8

Four vignettes involving a girl gymnast, volleyball players, swimmers, and soccer players show the exuberance and joy found in physical education and sports.

Sportscience. Peter J. Brancazio. New York: Simon & Schuster. 1984.

Book
Grades 9-12

This book deals with the scientific principles that affect athletic performance, including inertia, forces, gravity, and energy.

Sportsmath: How It Works. Lee Arthur, Elizabeth James, and Judith B. Taylor. New York: Lothrop, Lee & Shepard. 1975.

Book
Grades 6-9

The principles of arithmetic are applied to major sport games to show how they relate to keeping score and computing game statistics.

Sportspower. Ralph and Valerie Carnes. New York: St. Martin's Press. 1983.

Book
Grades 9-12

This book presents a training and exercise program that will increase speed, strength, and endurance. Diet and nutrition are also discussed.

Square and Folk Dancing: A Complete Guide for Students, Teachers, and Callers. Hank Greene. New York: Harper & Row. 1984.

Book
Grades 9-12

This book presents the history, style, and etiquette of both folk and square dancing in the U.S. More than 90 dances are discussed.

Square Dance Fun for Everyone. Rudy Franklin. North Palm Beach, FL: Athlete Institute. (n.d.).

Record
Grades 5-12

This record introduces the basic fundamentals of American square dancing. Selections include "Traveling Minstrel Man," "Early Morning Run," and "Briar Patch".

Story of Baseball, The. Lawrence S. Ritter. New York: Morrow. 1983.

Book
Grades 4-6

This book covers great moments in the history of baseball and its legendary superstars.

Story of Basketball, The. John Devaney. New York: Random House. 1976.

Book
Grades 5-12

This book highlights events and individuals in college and professional basketball. Included is limited coverage of women's basketball.

Strange but True Basketball Stories. Howard Liss. New York: Random House. 1983.

Book
Grades 4-6

A collection of unusual and not so well known stories of college and professional basketball.

Strange but True Football Stories. Zander Hollander. New York: Random House. 1983.

Book
Grades 4-6

This book tells of the bizarre, unusual, and often humorous stories related to the history of college and professional football.

Strength Training & Conditioning for Basketball. William H. Dunn, Ernst H. Soudek and Joe Gieck. Chicago: Contemporary Books. 1984.

Book
Grades 9-12

This book discusses the equipment, mental preparation, nutrition, and weight program necessary to improve flexibility, strength, conditioning, and jumping ability.

Sudden Death of Athletes. Ernst Jokl. Springfield, IL: Charles C. Thomas. 1985.

Book
Grades 9-12

The unexpected, fatal collapse of athletes is analyzed through data available on athletes' hearts, collapse syndromes, and the health value of exercise.

Summer Olympics, The. Caroline Arnold. New York: Franklin Watts. 1983.

Book
Grades 4-6

This book describes the summer Olympics and the events that are part of these games.

Supersubs of Pro Sports. Nathan Aassng. Minneapolis: Lerner. 1983.

Book
Grades 4-6

This book describes the reserve players in football, baseball, and basketball and the qualities that make them outstanding.

Swim Free: A 10-Day Program of Aquatic Exercises Adapted from Life in the Water World. Lorraine Eberhardt and Laura Sanborn. Florissant, CO: Search Publications. 1982.

Book
Grades 6-12

This book was written to encourage swimmers to improve their basic skills, tone their muscles and increase their enjoyment of the water.

Table Tennis. David Phillip. New York: Atheneum. 1975.

Book
Grades 8-12

This guide covers the rules, defensive and offensive techniques, and training exercises necessary to become a more effective table tennis player.

Tactics in Women's Singles, Doubles, and Mixed Doubles. Rex Lardner. New York: Doubleday. 1975.

Book
Grades 9-12

This is an instruction book for the advanced doubles and singles tennis player.

Taking the Mystery Out of Fiberglass Pole Vaulting. Bill Falk. Providence, RI: Bill Falk. 1972.

Book
Grades 9-12

This book details the step-by-step sequence of pole vaulting, including pole selection, grip, carry, approach, plant, take-off, swing, rock-back, pull-turn, and fly-away.

Teen-Age Distance Running. Kim Valentine. Los Altos, CA: Tafnews Press. 1973.

Book
Grades 7-12

This book emphasizes long distance running as opposed to interval training which minimizes strain and fatigue. The theory behind pacing and distance training is discussed along with possible injuries and equipment.

Tennis Basics. Robert J. LaMarche. Englewood Cliffs, NJ: Prentice-Hall. 1982.

Book
Grades 4-6

This book discusses the history of the game, scoring procedures, etiquette basic rules.

Tennis Basics: The Backhand. New York: Churchill. 1978.

Film - 16mm, Color, 8 Minutes
Grades 7-12

The basic movements of the backhand tennis stroke are discussed, with techniques for correctly improving this stroke.

Tennis Basics: The Forehand. New York: Churchill. 1978.

Film - 16mm, Color, 8 Minutes
Grades 7-12

The basic movement of the forehand tennis stroke is discussed.

Tennis Champion, Billie Jean King. A.P. Morse. Mankato, MN: Creative Education/Children's Press. 1976.

Book
Grades 2-5

This is a simplified version of the story of this tennis star's rise from childhood athlete to her status as spokeswoman for women's tennis.

Tennis Doubles: Tactics and Formations. Paul Metzler. New York: Sterling Publishing. 1975.

Book
Grades 9-12

This book gives detailed descriptions of how to serve, receive, and return. Chapters are broken down into subheadings with more difficult points demonstrated through line drawings.

Tennis for Thinking Players. Chet Murphy. West Point, NY: Leisure Press. 1982.

Book
Grades 9-12

This book is geared toward advanced tennis players with specific techniques to improve their game.

Tennis My Way. Martina Navratilova with Mary Carillo. New York: Charles Scribner's. 1983.

Book
Grades 9-12

This book presents instruction in tennis by a champion tennis star. Advice on training, conditioning, diet, strategies, and equipment is also included.

Tennis Without Mistakes. Vince Eldred. New York: Putman. 1975.

Book
Grades 7-12

This book identifies common errors of players and gives valuable tips on correcting faulty footwork, basic shots, doubles tactics, and playing left-handed.

This Is Football. George Sullivan. New York: Dodd, Mead. 1975.

Book
Grades 5-8

This is a guide to the game of professional football with explanations of the overall relationship of offensive and defensive plays.

Tinikling Dances. Long Branch, NJ: Kimbo. (n.d.).

Record
Grades 3-9

Authentic Philippine music accompanies the five basic dance steps. Talk-through and walk-through instructions are provided.

Top-Class Table Tennis. Jill Hammersley and Donald Parker. Wakefield, West Yorkshire, England. E. P. Publishers. 1983.

Book
Grades 9-12

This book discusses the two basic grips and four basic strokes and introduces the advanced backspin and topspin variations of the game. Other topics include strategies for singles and doubles play, mental preparation, and the Chinese influence on the game.

Track and Field for Boys and Girls: Running Events. Glendale, CA: Aims. 1976.

Film - 16mm, Color, 17 Minutes
Grades 7-12

This covers the fundamentals of track events, with both boys and girls demonstrating the skills. Techniques are explained through slow motion and stop action.

Track And Field: Secrets of the Champions. George Sullivan. New York: Doubleday. 1980.

Book
Grades 4-6

This is a comprehensive guide on the thirteen major track and field events. It includes sections on footwear, clothing, diet, and exercises.

Tracy Austin: Teenage Superstar. Nancy Robinson. New York: Harvey House Publishers. 1978.

Book
Grades 4-8

This is the story of one of the top world tennis players beginning with her first lesson at the age of two.

Triathlon: A Triple Fitness Sport. Sally Edwards. Chicago: Contemporary Books. 1983.

Book
Grades 9-12

The author details from both experience and education the training regimen that integrates the three separate programs of long-distance swimming, cycling, and running. There is also a plan for weight training and time management.

Tricky Discs: Frisbee Saucer Flyer. Ross R. Olney. New York: Lothrop, Lee & Shepard. 1979.

Book
Grades 4-6

This book provides an explanation of the scientific factors involved in throwing frisbees and instruction in basic throws, catches, and games.

Ultimate: Fundamentals of the Sport. Irv Kalb and Tom Kennedy. Santa Barbara, CA: Revolutionary Publications. 1982.

Book
Grades 9-12

This first book on the disc sport, Ultimate, introduces it as a new activity and provides a text that teaches its basic fundamentals. It includes progressions, materials, and helpful photographs, drawings, and diagrams.

Ultimate Athlete, The: Re-Visioning Sports, Physical Education, and the Body. George Leonard. New York: Viking. 1975.

Book
Grades 9-12

This book discusses interscholastic and collegiate athletics, physical education and a healthful life style, and bringing each into its proper perspective. This is a helpful source for students considering a career in health, physical education, or athletics.

Ultimate Tennis, The Pleasure Game. Al Secunda. New York: Prentice-Hall. 1984.

Book
Grades 9-12

The emphasis in this book is on precision racket and ball contact rather than power and on enjoyment of the sport rather than competition.

Varied World of Cross Country, The. Mountain View, CA: Runner's World. 1972.

Book
Grades 9-12

Suggestions are given for protecting and promoting the sport as well as guidelines for building its status as an international event. A section on marathoning around the world describes some of the most popular courses and gives biographies of several of the top runners, specialized techniques, and training.

Vaulting Handbook. Tom Olsen. Salina, KS: Thermo-Flex, Inc. 1966.

Booklet
Grades 9-12

Written by one of the world's leading authorities on fiberglass vaulting, this booklet describes how to properly vault in ten easy steps. Also included are directions on how to care for the pole, drills to add jumping height, a guide to get the maximum safe bend in the pole, questions and answers about vaulting, and special tips. A dial-a-pole guide shows the proper size pole for vaulters to use depending upon their height and weight.

Very Young Dancer. Jill Krementz. New York: Knopf. 1976.

Book
Grades K-6

The story of a ten-year-old student taking lessons at the School of American Ballet who successfully auditions for and performs in a New York City Ballet production of "The Nutcracker."

Very Young Gymnast. Jill Krementz. New York: Knopf. 1978.

Book
Grades 3-8

This book tells the story of a dedicated young gymnast whose glory is well balanced with the hard work and dedication necessary to achieve her goals.

Volleyball: The Game and How to Play It. Gary Rosenthal. New York: Charles Scribner's. 1983.

Book
Grades 7-9

This book demonstrates serves, passes, offensive and defensive tactics; recommends a conditioning program; and tells how to avoid injuries.

Volleyball--Dig It. New York: Educational Media. 1976.

Film - 16 mm, Color, 13 Minutes
Grades 9-12

The techniques of volleyball are discussed and demonstrated by some of the best players in the U.S.

Walking Softly in the Wilderness. John Hart. San Francisco: Sierra Club. 1984.

Book
Grades 9-12

This detailed manual on low-impact, go-light backpacking methods covers conditioning, gear, trip preparations, trail travel, camp management, emergencies, and wilderness regions. It stresses preservation of the natural environment.

We Can Teach You to Play Soccer. Bill Muse with Dan White. New York: Hawthorn. 1976.

Book
Grades 6-12

An informative guide on skillful soccer techniques and all phases of the game from dribbling to goal tending.

Wesley Paul, Marathon Runner. Julianna A. Fogel. New York: Lippincott. 1979.

Book
Grades 4-6

This is the story of an eight-year-old who trained for and ran the New York City Marathon, setting a new national record.

What Is Bowling? Anthony Ravielli. New York: Atheneum. 1975.

Book
Grades 6-8

This book represents a history of bowling as well as current methods of play, including delivery, equipment selection, and common mistakes.

What Is Golf? Anthony Ravielli. New York: Atheneum. 1976.

Book
Grades 3-6

This book presents the basics of the game of golf and some of the sport's top players.

What's What in Sports. Reginald Bragonier Jr. and David Fisher. Maplewood, NJ: Hammond. 1984.

Book
Grades 5-12

This reference book answers questions relating to all aspects of a sport. Over 800 photographs and drawings help explain names of equipment, parts of a field, critical movements, and how the skills are scored or judged.

Wheel, Camel, Fish, and Plow: Yoga for You. Rachel Carr. New York: Prentice-Hall. 1981.

Book
Grades 4-6

This book provides an introduction to yoga and physical fitness. There is a thorough discussion of the elements of yoga--breathing and developing the strength, control, and flexibility of the body.

Where Have You Gone, Joe Dimaggio? The Story of America's Last Hero. Allen Maury. New York: Dutton. 1975.

Book
Grades 7-12

This book relates the story of one of the greatest baseball players through interviews with his friends, fellow players, and managers.

Why Time Begins on Opening Day. Thomas Boswell. New York: Doubleday. 1984.

Book
Grades 9-12

This book is a compilation of essays on baseball. Its myths, superstars, and ballparks are among the facets of the sport presented.

Willie Mays: Baseball Superstar. Sam Epstein. Champaign, IL: Garrard. 1975.

Book
Grades 3-6

This is the biography of the "Say-Hey Kid," a record-breaking center fielder, twice voted the Most Valuable Player in baseball.

Winning Basketball. George Sullivan. New York: McKay. 1976.

Book
Grades 4-8

This book discusses the fundamentals of shooting, dribbling, and passing and the techniques for winning.

Winter Olympics, The. Julian May. Chicago: Children's Press. 1976.

Book
Grades 3-8

This is a history of the winter Olympics from the modern games through 1972.

Women in the Martial Arts. Linda Atkinson. New York: Dodd, Mead. 1983.

Book
Grades 7-9

This book presents a review of the history and principles of judo, karate, kung fu, kendo, t'ai chi chuan, aikido, and tae kwon do. It profiles eight contemporary women martial artists.

Women in Motion: The Basic Stuff to Get You Started and Keep You Going to Total Fitness. Sandy Hayden, Daphne Hall and Pat Stueck. Boston: Beacon Press. 1983.

Book
Grades 9-12

This book supports a physically active lifestyle for women. It aims at assisting women to analyze their movement, or lack of it, in terms of lifetime goals and to adopt an active style of living.

Women in Sports. Irwin Stambler. New York: Doubleday. 1975.

Book
Grades 6-9

A collection of biographies on the accomplishments of great women athletes in the fields of tennis, speed skating, gymnastics, horse racing, drag racing, basketball, and track.

Women in Sports: Swimming. Diana C. Gleasner. New York: Harvey House Publishers. 1975.

Book
Grades 3-6

This is the story of five top women swimmers: Look, Heddy, Babashoff, Buzonas, and Nyad.

Women in Sports: Tennis. Marion Meade. New York: Harvey House Publishers. 1975.

Book
Grades 3-6

This book profiles five great women tennis players and discusses the role of women in tennis.

Women in Sports: Track and Field. Diana C. Gleasner. New York: Harvey House Publishers. 1977.

Book
Grades 6-9

This book profiles the careers of six women who are successful in track and field events.

Women Weight Training and Body Building Tips and Routines. Joe Weider. Chicago: Contemporary Books. 1982.

Book
Grades 9-12

This is a comprehensive book on weight training and body building for women.

Women Who Win. Francene Sabin. New York: Random House. 1975.

Book
Grades 6-12

This book profiles fourteen great women athletes and their motivation to succeed.

Women's Golf Game, A. Shirli Kaskie. Chicago: Contemporary Books. 1982.

Book
Grades 9-12

A guide which presents technical advice in all areas of golf with an emphasis on rhythm and tempo for players lacking the size or strength of some performers.

Wonder Women of Sports. Betty Millsaps Jones. New York: Random House. 1981.

Book
Grades 4-6

This book profiles twelve women who have set remarkable records in sports. Many black and white photographs show the athletes in action.

World of Sports for Girls. Gail Anderson Myers. Philadelphia: Westminster Press. 1981.

Book
Grades 6-10

This book presents the expanding variety of sports participation and related sports careers available for women.

Wrestling for Beginners. Tom Jarman and Reid Hanley. Chicago: Contemporary Books. 1983.

Book
Grades 9-12

This book is an introduction to wrestling; it discusses training, the basic skills, strategies, moves, and holds.

Young Athletes' Manual, The. Robert Gardner. New York: Messner. 1985.

Book
Grades 7-12

This is a guide to prepare the young athlete for a life of sports. Included are sections on how to stretch and build muscles, training drills, what to eat, how to determine fitness, preparing mentally, and first-aid for sports injuries.

Young Gymnast. John Learmouth. New York: St. Martin's. 1976.

Book
Grades 3-8

This book presents tips for the young gymnast, as well as the coach, on exercises, maneuvers, safety, and improvising apparatus.

Young Runner. Ross R. Olney. New York: Lothrop, Lee & Shepard. 1978.

Book
Grades 4-8

This book covers warm-up, diet, training schedule, footwear, and the prevention and treatment of injuries. Fun and fitness from regular running is emphasized.

Young Swimmer, The. Bill Libby. New York: Lothrop, Lee & Shepard. 1983.

Book
Grades 7-9

This book describes the basic swimming strokes, including freestyle, butterfly, breaststroke, and crawl.

Your Body. Irene Fedete and Peter Dorrington Ward. New York: Facts on File. 1984.

Book
Grades 7-9

This book discusses the human body, its structure and function.

Your Muscles and Ways to Exercise Them. Margaret Cosgrove. New York:
Dodd, Mead. 1980.

Book
Grades 6-8

This book describes the three types of muscles, their purpose, the different types of exercises that will affect muscle groups, and the overall affect the activity will have on the body.

Zaharias: The Sports Career of Mildred Zaharias. James and Lynn Hahn.
Mankato, MN: Crestwood House. 1981.

Book
Grades 3-6

This book tells the story of Babe Zaharias, "Woman Athlete of the Year" in 1932, 1945, 1946, 1947, 1950, and 1954. The story of her fight against cancer is also told.



PART II

COMPREHENSIVE BIBLIOGRAPHY
BY PHYSICAL EDUCATION CURRICULAR FRAMEWORK GOALS

Part II

Comprehensive Bibliography by Physical Education Goals

GOAL 1: To develop an acceptable level of fitness, an understanding of the components of fitness, and an appreciation of the lifelong value of fitness through physical education activities.

SUBGOAL 1.1 - Demonstrate an acceptable level of fitness.

SUBGOAL 1.2 - Demonstrate a knowledge of fitness principles which contribute to the quality of life.

SUBGOAL 1.3 - Demonstrate an appreciation of fitness.

GOAL 2: To develop physical skills and to acquire knowledge of and an appreciation for efficient and creative movement through participation in a sequential program of varied activities.

SUBGOAL 2.1 - Demonstrate a variety of motor skills and creative movement.

SUBGOAL 2.2 - Demonstrate a knowledge of elements essential to the effective and efficient performance of motor skills.

SUBGOAL 2.3 - Demonstrate an appreciation for effective and creative movement.

GOAL 3: To develop through purposeful physical education experiences a more positive self-concept, appropriate social and emotional behaviors, self-direction, and appreciation of individual differences.

SUBGOAL 3.1 - Demonstrate a positive concept of self in movement activities.

SUBGOAL 3.2 - Demonstrate acceptable social and emotional behavior in a physical activity setting.

SUBGOAL 3.3 - Demonstrate self-direction in a physical activity environment.

SUBGOAL 3.4 - Demonstrate within physical activity environments an appreciation for individual differences.

Title	Grade	Page	Goals		
			1	2	3
Acrobatics	1-6	3		X	
Acrobats and Ping-Pong	3-6	3	X	X	X
Aerobic Dancing	6-12	3	X	X	
Aerobic Fitness-Secondary	7-12	3	X	X	
Aerobics	6-12	3	X		
Aerobics Basics	3-6	4	X	X	
Aerobics for Kids	K-6	4	X		
Aerobics Program for Total Well-Being, The; Exercise, Diet, and Emotional Balance	9-12	4	X		
Age of the Runner	9-12	4	X	X	
Alan Trammell: Tiger on the Prowl	2-4	4		X	X
American Sports; From the Age of Folk Games to the Age of Spectators	9-12	5			X
American Women in Sports	6-12	5		X	X
And the Beat Goes On for Physical Education	K-6	5	X	X	
Andrea Jaeger, Pro in Ponytails	4-6	5		X	X
Arco Book of Soccer Techniques and Tactics, The	9-12	5		X	
Art of Pitching, The	9-12	5	X	X	
Art of Quarterbacking, The	9-12	6		X	X
Arthur Ashes Tennis Clinic	9-12	6	X	X	
Assignment: Sports	7-9	6		X	X
Athlete's Game Plan for College and Career, The	8-12	6			X
Athletic Fitness: The Athlete's Guide to Training and Conditioning	6-12	6	X		
Babe Ruth, Sultan of Swat	2-4	6		X	X
Backpacking, One Step at a Time	2-3	7		X	X
Badminton	9-12	7		X	
Ball Gymnastics	K-3	7		X	
Baseball America	9-12	7		X	X
Baseball-Easy Stats Master	9-12	7		X	X
Baseball Handbook for Coaches and Players, The	9-12	7		X	X
Baseball: It's Your Team (You Are the Coach)	4-6	8			X
Baseball My Way	6-12	8		X	X
Baseball: The Sports Playbook	6-12	8		X	
Baseball Stars 1985	9-12	8		X	X
Baseball's Ace Relief Pitchers	4-6	8		X	X
Baseball's All-Time All-Stars	4-6	8		X	X
Baseball's Great Experiment: Jackie Robinson and His Legacy	9-12	9		X	X
Baseball's Hottest Hitters	4-6	9		X	X
Baseball's Power Hitters	4-6	9		X	X
Baseball's Wacky Players	7-9	9		X	X
Basic Football Strategy: An Introduction for Young Players	6-12	9		X	
Basic Sailing	9-12	9		X	

Title	Grade	Page	Goals		
			1	2	3
Basic Soccer Strategy: An Introduction for Young Players	4-8	10		X	
Basketball	2-4	10		X	
Basketball - Easy Stats Master	9-12	10		X	X
Basketball Simplified and Illustrated Rules	4-12	10		X	
Basketball Statistics	7-12	10		X	
Basketball: The Sports Playbook	6-12	10	X	X	
Basketball's Playmakers	4-6	11		X	X
Basketball's Power Players	4-6	11	X	X	X
Basketball's Sharpshooters	4-6	11		X	X
Be a Frog, a Bird, or a Tree	K-5	11	X	X	
Beginning Gymnastics	9-12	11		X	
Beginning Racquetball Drills	9-12	11		X	
Better Bicycling for Boys and Girls	4-6	12		X	
Better Cross-Country Running for Boys and Girls	7-9	12		X	
Better Gymnastics for Girls	5-8	12		X	
Better Ice Skating for Boys and Girls	4-9	12		X	
Better Wrestling for Boys	9-12	12		X	
Beyond the Sixth Game	9-12	12			X
Bicycle Rider	3-5	13		X	X
Bicycle Rider's Bible, The	9-12	13		X	
Big Bowl Football Guide, The	6-12	13		X	X
Big Circle Mountain Dance and Clogging Music	K-12	13		X	
Bill of Rights in Action: Women's Rights	6-12	13			X
Billie Jean	5-10	13		X	X
Billie Jean King	2-5	14		X	X
Black Women in Sports	9-12	14		X	X
Breakdancing	8-12	14		X	X
Breakdancing	4-9	14		X	X
Bobby Hull's Hockey Made Easy	9-12	14		X	X
Body Book, The	7-9	14	X		X
Bowling Basics	4-6	15		X	
Brown Paper School Presents Everybody's a Winner, The: A Kid's Guide to New Sports and Fitness	3-7	15	X	X	X
Brown: The Sports Career of James Brown	4-6	15		X	X
Bruce Jenner's The Athletic Body	9-12	15	X	X	
Career Opportunities in Physical Fitness and Leisure Related Fields	9-12	15	X		X
Careers in Basketball	4-6	15			X
Careers in Sports	9-12	16			X
Casey Stengel: Baseball's Great Manager	2-4	16		X	X
Catcher--Baseball's Man in Charge, The	3-8	16		X	X
Catfish: The Three Million Dollar Pitcher	6-10	16		X	X
Child's First Soccer Book, A	2-4	16		X	X
Chris Evert: The Young Champion	4-10	16		X	X
Circle Dances for Today	5-8	17		X	

Title	Grade	Page	Goals		
			1	2	3
Clap, Snap, and Tap	K-3	17		X	
College Survival for Student-Athletes	9-12	17			X
Competitive Runner's Handbook, The	7-12	17	X	X	
Complete Beginner's Guide to Archery, The	6-12	17		X	
Complete Book of the Olympics, The	7-9	17		X	X
Complete Book of Racquetball, The	9-12	18		X	
Complete Guide to Running	9-12	18	X	X	
Complete Honor Your Partner Course in Square Dancing for All Ages, The	K-12	18		X	
Complete Jogger, The	9-12	18	X	X	
Complete Walker III, The. The Joys and Techniques of Hiking and Backpacking	9-12	18		X	
Computer Olympics	7-9	18		X	X
Contemporary Tinkling Activities	2-12	19		X	X
Contributions of Women: Sports	3-8	19		X	X
Corbett	6-12	19	X	X	X
Courtside	9-12	19		X	X
Crossbar	K-12	19	X	X	X
Cyclists' Companion, The	9-12	20	X	X	
Dances for Little People	K-3	20		X	
Dances in a Line	5-12	20		X	
Dances Without Partners	K-8	20		X	
Dancing Is	K-2	20		X	X
Dan Fouts, Ken Anderson, Joe Theismann, and Other All-Time Great Quarterbacks	4-6	20		X	X
Day a Team Died, The	9-12	21		X	X
Don Disney and the Kangaroo Kids	K-12	21	X	X	
Doctor J: A Biography of Julius Erving	4-8	21		X	X
Don't Choke: How Athletes Become Winners	9-12	21			X
Dorothy Hamill: Olympic Champion	3-7	21		X	X
Double Dutch	4-7	22		X	
Easy Baseball Book, The	1-3	22		X	
Eating (Your Body)	K-3	22	X		
Eddie Bauer Guide to Cross-Country Skiing, The	9-12	22		X	
Elementary Aerobic Fitness	5-6	22	X	X	
Elementary Floor Exercise Routines	K-7	22		X	
Elusive Bar, The	9-12	23		X	
Encyclopedia Brown's Book of Wacky Sports	4-6	23			X
Everybody's a Winner; A Kid's Guide to New Sports and Fitness	2-5	23	X	X	X
Everybody's Gymnastics Book	9-12	23	X	X	
Everybody's Hockey Book	9-12	23		X	X
Everyone's a Winner: Heart-Lung Endurance	4-12	23	X		
Evonne On the Move	9-12	24		X	X
Exercise Book, The	7-12	24	X		
Exercise for Runners	7-12	24	X	X	
Exercise: What It Is, What It Does	1-3	24	X		
Exercises for the Track and Field Athlete	7-12	24	X	X	

Title	Grade	Page	Goals		
			1	2	3
Exercise Injuries, Prevention, and Treatment	9-12	24	X	X	
Famous Firsts in Basketball	6-12	25		X	X
Famous Modern American Women Athletes	4-10	25		X	X
Feel of Music	K-6	25		X	
Feelin' Good	K-3	25	X	X	X
Female Runner, The	9-12	25	X	X	X
Fernando Valenzuela, The Screwball Artist	4-6	25		X	X
Field Hockey	7-12	26		X	
Fighting Arts, The: Great Masters of the Martial Arts	9-12	26		X	
First Book of Basketball, The	5-12	26		X	
Fisk of Fenway Park: New England's Favorite Catcher	6-12	26		X	X
Fit to Be You	7-9	26	X		
Fit Swimmer; The	9-12	26	X	X	X
Fitness Book, The	6-12	27	X		
Fitness for Everyone	9-12	27	X		
Fitness Fun for Everyone	7-12	27	X		
Fitting In	5-6	27	X	X	X
Flies in the Water, Fish in the Air	4-8	27		X	
Flying High	3-5	27		X	X
Focus on the Marathon	9-12	28	X	X	
Folk Dance Fun: Simple Folk Songs and Dances	2-6	28		X	
Football - Easy Stats Master	10-16	28		X	X
Football: It's Your Team	4-6	28		X	X
Football Simplified and Illustrated Rules	4-12	28		X	
Football's Daring Defensive Backs	4-6	28		X	X
Football's Hard-Hitting Line-Backers	4-6	29		X	X
Football's Punishing Pass Rushers	4-6	29		X	X
Fosbury Flop	7-12	29		X	
Four Minute Mile, The	6-12	29	X	X	X
Frank Shorter Story, The	7-12	29	X	X	X
Freewheeling. Bicycling the Open Road	9-12	29		X	
Freshwater Fish and Fishing	4-8	30		X	
Frisbee: More Than a Game of Catch	7-12	30		X	
From the Bottom of the Tennis Ladder: For Those Who Claim It Is Only a Game	9-12	30		X	X
Funsports for Everyone	6-8	30	X	X	X
Game, The	9-12	30	X	X	X
Game and the Glory, The	7-12	30		X	X
Giant Book of Strange But True Sports Stories	3-6	31		X	X
Glory of Their Times, The	9-12	31		X	X
Golf Explained: How to Take Advantage of the Rules	7-12	31		X	
Golf Rules in Pictures	9-12	31		X	X
Great Beginnings: Olympics to Super Bowl to World Series to....	3-8	31		X	X
Great Moments in American Sports	4-6	31		X	X
Great Women Athletes	5-10	32		X	X

Title	Grade	Page	Goals		
			1	2	3
Gridscout-Offense Analysis Program	7-12	32		X	
Guide to Distance Running	9-12	32	X	X	X
Guinness Book of the Marathon	7-9	32		X	X
Guinness Sports Record Book	5-12	32		X	X
Gymnastic Basics	5-9	32		X	
Gymnastics	5-8	33	X	X	X
Gymnastics	5-9	33		X	
Gymnastics Fundamentals for Girls	6-10	33		X	
Handbook of Tennis, The	9-12	33	X	X	
Harlem Globetrotters, The: Basketball's Funniest Team	4-6	33		X	X
Henry Aaron: Home-Run King	3-7	33		X	X
Heroes of the Olympics	3-7	34		X	X
Herschel Walker	4-6	34		X	X
Hiker's Bible, The	9-12	34	X	X	X
Hiking Light	9-12	34	X	X	X
Hitting, Pitching, and Running—Maybe	3-5	34		X	X
Hockey Encyclopedia, The: The Complete Record of Professional Ice Hockey	9-12	34		X	X
Home Run: Baseball's Greatest Hits and Hitters	7-9	35		X	X
How Sports Came to Be	6-8	35		X	
How to Eat Your ABC's: A Book about Vitamins	K-3	35	X		
How to Succeed at Soccer	6-12	35		X	
How to Succeed at Cycling	9-12	35	X	X	X
How to Succeed at Tennis	9-12	35		X	
Ice Skating Basics	K-6	36	X	X	
Imaging: Think Your Way to Success in Sports and Classroom	9-12	36	X	X	X
Interview with Lynne Cox, An	3-6	36	X	X	X
Introduction to Sports Acrobatics, An	9-12	36	X	X	
It's a Girl's Game Too	4-8	36		X	X
Jackie Sorensen Presents	6-12	36	X	X	
Janet Guthrie	4-6	37			X
Janet Guthrie: Foot to the Floor	3-6	37			X
Janet Lynn	1-3	37		X	X
Jesse Owens Story, The	4-8	37		X	X
Jim "Catfish" Hunter	2-4	37		X	X
Jim Plunkett, The Comeback Kid	4-6	37		X	X
Jim Thorpe	3-5	38		X	X
Jim Thorpe, Young Athlete	4-6	38		X	X
Joe DiMaggio	4-6	38		X	X
Joy of Snorkeling, The. An Illustrated Guide	9-12	38		X	X
Jump Aerobics, Jump Rope Activities	4-8	38	X	X	
Jump for the Health of It	6-12	38	X	X	X
Jumpnastics	K-2	39	X	X	
Judo: A Gentle Beginning	2-6	39		X	
Julian Messner Sports Question & Answer Book, The	4-6	39		X	X
Karate: Beginner to Black Belt	9-12	39	X	X	

Title	Grade	Page	Goals		
			1	2	3
Killy: The Sports Career of Jean-Claude Killy	3-6	39		X	X
Lacrosse Is for Me	3-5	39		X	
Let's Do Yoga	K-3	40	X	X	
Listen with Your Ears	K-3	40		X	X
L. L. Bean Guide to the Outdoors, The	9-12	40		X	X
Lonely Heroes The: Professional Basketball's Great Centers	6-12	40		X	X
Long-Distance Runner's Guide to Training and Racing	9-12	40	X	X	
Long Way, Baby, A: Behind the Scenes in Women's Pro Tennis	5-10	40		X	X
Lou Gehrig: Courageous Star	4-7	41		X	X
Lummi Sticks for Kids	K-3	41		X	
Man with a Mission: Pele	5-8	41		X	X
Marathon: The World of the Long Distance Athlete	5-9	41	X	X	X
Martial Arts, The	7-9	41		X	
Mary Decker, America's Nike	3-5	41		X	X
Mary Lou Retton	6-8	42		X	X
Mary Lou Retton: Gold Medal Gymnast	2-4	42		X	X
Mastering Softball	9-12	42		X	
Masters of the Marathon, The	9-12	42		X	X
Maximum Sports Performance	9-12	42	X	X	
Modern American Square Dance Series	3-12	42		X	
Modern Basketball Superstars	5-12	43		X	X
Modern Gymnastics with Ribbons	3-8	43		X	
Modern Women's Gymnastics for Both Teacher and Gymnast	9-12	43		X	
More Weird Moments in Sports	7-9	43			X
Moses Malone	4-6	43		X	X
Movement (Your Body)	K-3	43	X		
Moving to Win: The Physics of Sports	6-9	44		X	
Nadia Comaneci	2-5	44		X	X
Nadia Comaneci	2-6	44		X	X
Nautilus Handbook for Young Athletes, The	9-12	44	X	X	
New Games Book	6-12	44		X	X
New Physical Fitness; Something for Everyone, The	6-8	44	X		
New York Times Book of Baseball History: Major League Highlights from the Pages of the New York Times	9-12	45		X	
Newton at the Bat	9-12	45	X	X	
NFL Superstars	4-6	45		X	X
Nine Innings	9-12	45		X	X
1984 Olympic Games, The.: Sarajevo/Los Angeles	8-12	45		X	X
No Mountain Too High	7-9	45	X	X	X
Nutrition - A Balanced Diet	7-12	46	X		
Nutrition Simulation	9-12	46	X		
Nutrition Tutorial	7-12	46	X		

Title	Grade	Page	Goals		
			1	2	3
Oakland Raiders, The	4-9	46		X	X
Olympic Games in Ancient Greece	7-9	46		X	X
Olympic Gold	9-12	46	X	X	X
Olympics	3-5	47		X	X
Olympics: The Eternal Torch	5-12	47		X	X
On Target for Understanding Winning Archery	9-12	47		X	
On the Lesson Tee	5-12	47		X	
1, 2 and 3 and Move	K-3	47		X	
Optimal Tennis	9-12	47		X	X
Parachute Activities with Folk Dance	K-6	48		X	
Music					
Pele	7-12	48		X	X
Pele: The King of Soccer	2-7	48		X	X
Perfect Balance; The Story of an Elite Gymnast	6-12	48	X	X	X
Personal Fitness: Keeping Your Body in Tune	9-12	48	X		X
Pete Gray: One-Armed Major Leaguer	1-3	49		X	X
Pete Rose "Charlie Hustle"	4-6	49		X	X
Phil Esposito: Hockey's Greatest Scorer	5-9	49		X	X
Physical Education and Sport for the Secondary School Student	9-12	49	X	X	
Physical Fitness for Young Champions	4-6	49	X		X
Physical Fitness Through Sports and Nutrition	4-8	49	X		X
Physiology of Exercise, The	9-12	50	X		X
Picture Story of Frank Robinson, The	4-7	50		X	X
Picture Story of Reggie Jackson, The	3-5	50		X	X
Picture Story of Walt Frazier, The	5-12	50		X	X
Picture Story of Wayne Gretzky, The	6-8	50		X	X
Pittsburgh Steelers: Super Bowl Champions	2-5	50		X	X
Playgrounds	K-3	51	X	X	
Playing Basketball	3-8	51		X	
Playing Softball	3-8	51		X	
Playing Touch Football	3-8	51		X	
Playtime Parachute Fun	K-6	51		X	X
Practical Fisherman, The	5-8	51		X	
Pro Sports' Greatest Rivalries	4-6	51		X	X
Pumping Up: Super Shaping the Feminine Physique	9-12	52	X	X	X
Quarterbacking	9-12	52		X	
Queens of the Court	5-8	52	X	X	X
Quiet Legend, The: Henry Aaron	6-12	52		X	X
Racquet Sports: An Illustrated Guide	6-12	52		X	
Racquetball Is for Me	3-7	52		X	
Racketball Rules and Techniques	9-12	53		X	
Illustrated					
Record Breakers: 101 Winning Streaks in Sports	6-8	53		X	X
Rhythmic Parachute Play and Parachute Activities	K-7	53		X	

<u>Title</u>	<u>Grade</u>	<u>Page</u>	<u>1</u>	<u>2</u>	<u>3</u>
Roberto Clemente: Pride of the Pirates	4-6	53		X	X
Roller Skating	4-6	53		X	
Roller Skating: Fundamentals & Techniques	9-12	53		X	
Rope Jumping and Ball Handling	1-3	54		X	
Rule Book, The. The Authoritative Up-to-Date Illustrated Guide to the Regulations, History, and Object of All Major Sports	7-9	54		X	
Run for Your Life	7-12	54	X	X	X
Run, Run, Fast	4-6	54	X	X	
Running A to Z; An Encyclopedia for the Thoughtful Runner	9-12	54	X	X	X
Running Basics	3-5	54	X	X	
Running Body, The	9-12	55	X	X	X
Running for Your Life	9-12	55	X	X	X
Running Is for Me	3-6	55	X	X	X
Running with Rachel	2-5	55	X	X	X
Sailing "The Annapolis Way"	9-12	55		X	X
Sayers: Sports Career of Gale Sayers, The	4-6	55	X	X	X
Science at the Ball Game	7-12	56		X	
Self-Coached Runner, The	9-12	56	X	X	X
Self-Defense for Women; How to Stay Safe and Fight Back	9-12	56	X	X	X
Simplified Lumm! Stick Activities	K-3	56		X	
Skaters	7-9	56	X	X	X
Skaters Handbook, The	7-12	56		X	
Slim Goodbody's Daily Desk'ercises	K-8	57	X	X	
So Much to Live For	6-12	57		X	X
Soccer	2-4	57		X	
Soccer Exercises and Tactics for Everyone	6-12	57		X	
Soccer Fundamentals for Everyone	2-12	57		X	
Soccer - Hands Off	6-12	57		X	
Softball with Official Rules	7-12	58		X	
Spectator's Guide to Baseball, A	7-9	58		X	
Spectator's Guide to Football, A	7-9	58		X	
Sport Stat Basketball Statistics	7-12	58		X	X
Sporting Body, Sporting Mind: An Athlete's Guide to Mental Training	9-12	58		X	X
Sports	7-12	59		X	
Sports	3-8	59		X	
Sports	7-12	59		X	
Sports Action I-II	3-6	59		X	X
Sports and Games	7-12	59		X	
Sports for the Handicapped	7-12	59		X	X
Sports Hero, Larry Bird	3-5	60		X	X
Sports Hero: Magic Johnson	4-7	60		X	X
Sports Hero: Roger Staubach	4-6	60		X	X
Sports Illustrated Badminton	5-12	60		X	
Sports Illustrated Baseball	9-12	60		X	
Sports Illustrated Bowling	9-12	60		X	X
Sports Illustrated Canoeing	9-12	61		X	

<u>Title</u>	<u>Grade</u>	<u>Page</u>	<u>1</u>	<u>2</u>	<u>3</u>
Sports Illustrated Cross-Country Skiing	9-12	61	X	X	
Sports Illustrated Football: Quarterback	7-12	61	X	X	
Sports Illustrated Judo	7-12	61		X	
Sports Illustrated Soccer	9-12	61		X	
Sports Skills for Boys and Girls	4-6	61		X	X
Sports Stars, The Book of Baseball Greats	4-6	62		X	X
Sports Star, Fernando Valenzuela	5-7	62		X	X
Sports Star, Larry Bird	3-5	62		X	X
Sports Suite, A	5-8	62	X	X	X
Sportscience	9-12	62		X	
Sportsmath: How It Works	6-9	62		X	
Sportspower	9-12	63	X		
Square and Folk Dancing: A Complete Guide for Students, Teachers, and Callers	9-12	63		X	
Square Dance Fun For Everyone	5-12	63		X	
Story of Baseball, The	4-6	63		X	X
Story of Basketball, The	5-12	63		X	X
Strange but True Basketball Stories	4-6	63		X	X
Strange but True Football Stories	4-6	64		X	X
Strength Training & Conditioning for Basketball	9-12	64	X	X	
Sudden Death of Athletes	9-12	64	X		
Summer Olympics, The	4-6	64		X	X
Supersubs of Pro Sports	4-6	64		X	X
Swim Free: A 10-Day Program of Aquatic Exercises Adapted from Life in the Water World	6-12	64	X	X	X
Table Tennis	8-12	65		X	
Tactics in Women's Singles, Doubles, and Mixed Doubles	9-12	65		X	
Taking the Mystery Out of Fiberglass Pole Vaulting	9-12	65		X	
Teen-Age Distance Running	7-12	65	X	X	
Tennis Basics	4-6	65		X	X
Tennis Basics: The Backhand	7-12	65		X	
Tennis Basics: The Forehand	7-12	66		X	
Tennis Champion, Billie Jean King	2-5	66		X	X
Tennis Doubles: Tactics and Formations	9-12	66		X	
Tennis for Thinking Players	9-12	66		X	
Tennis My Way	9-12	66	X	X	
Tennis Without Mistakes	7-12	66		X	
This Is Football	5-8	67		X	
Tinkling Dances	3-9	67		X	
Top-Class Table Tennis	9-12	67		X	
Track and Field for Boys and Girls: Running Events	7-12	67	X	X	
Track and Field: Secrets of the Champions	4-6	67	X	X	
Tracy Austin: Teenage Superstar	4-8	67		X	X
Triathlon: A Triple Fitness Sport	9-12	68	X	X	
Tricky Discs: Frisbee Saucer Flyer	4-6	68		X	
Ultimate: Fundamentals of the Sport	9-12	68		X	

<u>Title</u>	<u>Grade</u>	<u>Page</u>	<u>1</u>	<u>2</u>	<u>3</u>
Ultimate Athlete, The: Re-Visioning Sports, Physical Education, and the Body	9-12	68	X	X	X
Ultimate Tennis, The Pleasure Game	9-12	68		X	
Varied World of Cross Country, The	9-12	69	X	X	X
Vaulting Handbook	9-12	69		X	
Very Young Dancer	K-6	69		X	X
Very Young Gymnast	3-8	69	X	X	X
Volleyball: The Game and How to Play It	7-9	69	X	X	
Volleyball--Dig It	9-12	70		X	
Walking Softly in the Wilderness	9-12	70	X	X	X
We Can Teach You to Play Soccer	6-12	70		X	
Wesley Paul, Marathon Runner	4-6	70	X	X	X
What Is Bowling?	6-8	70		X	
What Is Golf?	3-6	70		X	X
What's What in Sports	5-12	71		X	
Wheel, Camel, Fish, and Plow: Yoga for You	4-6	71	X	X	
Where Have You Gone, Joe Dimaggio? The Story of America's Last Hero	7-12	71		X	X
Why Time Begins on Opening Day	9-12	71		X	X
Willie Mays: Baseball Superstar	3-6	71		X	X
Winning Basketball	4-8	71		X	
Winter Olympics, The	3-8	72		X	X
Women in the Martial Arts	7-9	72		X	X
Women in Motion: The Basic Stuff to Get You Started and Keep You Going to Total Fitness	9-12	72	X	X	X
Women in Sports	6-9	72		X	X
Women in Sports: Swimming	3-6	72	X	X	X
Women in Sports: Tennis	3-6	72		X	X
Women in Sports: Track and Field	6-9	73		X	X
Women Weight Training and Body Building Tips and Routines	9-12	73	X	X	
Women Who Win	6-12	73		X	X
Women's Golf Game, A	9-12	73		X	X
Wonder Women of Sports	4-6	73		X	X
World of Sports for Girls	6-10	73		X	X
Wrestling for Beginners	9-12	74	X	X	
Young Athletes' Manual, The	7-12	74	X	X	X
Young Gymnast	3-8	74	X	X	
Young Runner	4-8	74	X	X	X
Young Swimmer, The	7-9	74		X	
Your Body	7-9	74	X		
Your Muscles and Ways to Exercise Them	6-8	75	X		
Zaharias; The Sports Career of Mildred Zaharias	3-6	75		X	X



PART III
PROFESSIONAL RESOURCES
FOR PHYSICAL EDUCATION INSTRUCTION



Part III

Professional Resources for Physical Education Instruction

AAHPERD Health Related Physical Fitness Test Manual. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1980.

Test Manual

This was designed to screen students ages 6-17 on items related to health and fitness, e.g., cardiovascular function, body composition, strength, and flexibility. Detailed instructions for administering the test are given with norm tables for evaluation.

AAHPERD Health Related Physical Fitness Test Technical Manual. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1984.

Test Manual

This manual summarizes the research which led to the development of the AAHPERD Health Related Physical Fitness Test. A detailed analysis of the data used to establish the norms is also included.

AAHPERD Youth Fitness Test Manual (Ages 10-17). Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1976. Rev. Ed.

Test Manual

This manual is the basis of a testing and award program which is designed to measure and motivate fitness. Complete instructions for administering the test and the system of motivational awards are given.

Achievement-Based Curriculum Development in Physical Education. Janet A. Wessel and Luke Kelly. Philadelphia: Lea & Febiger. 1986.

Book

This book presents a model for achievement-based curriculum development through a five-step plan: program planning, student assessment, prescribing instruction, effective teaching and management, and evaluating effectiveness.

Activities and Equipment for Pre-School Children: Sounds and Shapes; Creative Dance for Pre-School Children. Kelly Kennedy. Ontario, Canada: Can-Ed Media Ltd. 1985.

Video Cassette

The first tape, Activities and Equipment, focuses on equipment suitable for use with the preschooler; the second tape, Sounds and Shapes presents body shapes, directions, and movement; the third tape, Creative Dance for Preschool Children, continues the presentation of movement/dance ideas appropriate for children.

Adapted Physical Education. A Practitioner's Guide. Lowell F. Masters, Alen A. Mori and Ernest K. Lange. Gaithersburg, MD: Aspen Systems Corporation. 1983.

Textbook

This book shows how to plan for individual differences, teach needed skills, and adapt standard games and equipment to help youngsters develop self-awareness and fulfillment.

Administrative Management of Physical Education and Athletic Programs. Clayne R. Jensen. Philadelphia: Lea & Febiger. 1983.

Textbook

The content is aimed at improving physical education and athletic programs by allowing those who manage the programs to understand and implement better procedures. Emphasis is on the administrative end of organizing and maintaining physical education and athletic programs.

Administrative Procedures for Conducting Recreational Sports Tournaments from Archery to Wrestling. Frances M. Rokosy. Springfield, IL: Charles C. Thomas. 1982.

Textbook

This text details how to conduct sports tournaments for a variety of different activities and situations. The three sections cover the basic administrative details that must be considered; setting up specific meets and tournaments according to a round robin or elimination tournament structure; and detailed information on thirteen of the most popular activities.

Administration of Physical Education and Sports Programs. Lawrence E. Horine. New York: Saunders College Publishing. 1984.

Textbook

While emphasizing everyday administration problems in physical education and athletics, this text also covers new topics such as word and data processing, stress and risk management, sport ethics, and human resources.

All That Jazz and More. Christy Lane. Champaign, IL: Leisure Press. 1983.

Paperback Book

Designed especially for instructors, this book explains the commonly used techniques in jazz dance which can be taught to both novice and advanced dancers. Each exercise is labeled according to the degree of experience necessary to perform that skill.

Archery: A Planning Guide for Group and Individual Instruction. Reston, VA: Alliance for Health, Physical Education, Recreation, and Dance. 1981.

Booklet

The text presents suggestions for initiating group and individual archery instruction.

Athletic Training Sports Medicine. American Academy of Orthopaedic Surgeons. Chicago: American Academy of Orthopaedic Surgeons. 1984.

Textbook

Fifty contributors provide the latest advances in 51 comprehensive chapters including conditioning, prevention, musculoskeletal injury management, emergency care, special medication consideration, and rehabilitation.

Basic Bicycling. Waldorf, MD: American Alliance Publications. 1982.

Booklet

This guide presents tips on bicycle riding and maintenance. It can be used as a general book on cycling or as a resource for the comprehensive Bicyclists Education Program.

Basic Movement Education for Children. Bonnie Gilliom. Reading, MA: Addison-Wesley Publishing Company. 1970.

Textbook

This book deals with the value of adding basic movement education to the physical education curriculum. Divided into two parts, Part I deals with the program and Part II contains detailed teaching units.

Basic Stuff. Waldorf, MD: American Alliance Publications. 1981.

Booklets

This series provides the K-12 physical education instructor with practical information and various instructional activities. Series I deals with information supporting physical education and includes Exercise Physiology, Kinesiology, Motor Learning, the Psycho-Social Aspects of Education, and Motor Development. Series II covers instructional activities to teach physical education concepts and includes Early Childhood (ages 5-8), Childhood (ages 9-12), and Adolescence (ages 13-18).

Basketball Skills Test Manual. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1984.

Test Manual

Designed to apply to both sexes at all age levels, the manual provides tests for those skills considered most essential to successful performance in the game. Included are tests for shooting, passing, dribbling, and defensive movement.

Behavior Modification and Coaching: Principles, Procedures, and Research.

Garry L. Martin and Dennis Hyrcenko, Editors. Springfield, IL: Charles C. Thomas. 1983.

Textbook

This book deals with the use of behavior modification in teaching and coaching. The use of task analysis, position reinforcement, goal setting, and motivational techniques are described.

Better Basketball Basics. Second Ed. Jerry Krause. Champaign, IL: Leisure Press. 1984.

Paperback Book

An experienced coach describes the key elements of body positioning and movement, individual defense, rebounding, and individual offense. The book includes numerous pictures, diagrams, and drills.

Black Women in Sports. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1981.

Book

This book is about black women in sports who have excelled and have inspired others to do the same. Emphasized are the myths and realities of black women in sports, the problems and the solutions.

Body Movement for Children. Boston: Plays, Inc. 1972.

Textbook

This book shows how movement can be observed and how it relates to ideas for teaching body movement to children. Information can be used for lesson plans.

Bodyworks: The Kid's Guide to Food and Physical Fitness. Carol Bershad and Deborah Bernick. New York: Random House. 1979.

Book

This book provides students with the information necessary to make their own decisions about a healthful lifestyle. It includes excellent illustrations and learning activities.

Catastrophic Injuries in Sports--Avoidance Strategies. Samuel Adams, Marlene Adrian and Mary Ann Bayless. Salinas, CA: Coyote Press. 1984.

Book

This book covers an area about which little has been written, the prevention of catastrophic injuries, which is of concern to educators in several areas of physical education.

Championship Volleyball Drills. Volume I. Bob Bertucci and Ralph Hippolyte, Editors. Champaign, IL: Leisure Press. 1984.

Paperback Book

Volume I covers drills related to individual skill training, including passing, serving, serve reception, setting, spiking, blocking, and digging. It is geared toward beginning and intermediate players.

Children's Dance. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1981.

Textbook

This book presents new ideas in the area of dance education and is useful to the classroom teacher as well as the specialist in dance and physical education.

Children/Youth Physical Fitness Management Skills. Lou Mozzini, et al. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1986.

Book

This book presents a systematic approach to developing, evaluating, supervising, and promoting a good physical education program.

Comparative Physical Education and Sport. Bruce L. Bennett, Maxwell L. Howell, and Uriel Simri. Philadelphia: Lea & Febiger. 1983.

Paperback Textbook

This book presents an in-depth study and comparison of world-wide physical education programs. Also included are chapters on Sports and Religion and Physical Education Legislation.

Completed Research in Health, Physical Education, Recreation, and Dance. Volume 25. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1985.

Book

This is a compilation of abstracts of master's theses and doctoral dissertations selected from over 100 periodicals during 1985.

Comprehensive Guide to Sports Skills Tests and Measurements. D. Ray Collins and Patrick B. Hodges. Springfield, IL: Charles C. Thomas. 1978.

Book

This text compiles a total of 103 sports skill tests in twenty-six sport areas. Included are instructions, scientific information, scoring, and execution layouts.

Compulsory Gymnastics Routines for Girls and Women (1985-1989). Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1985.

Video Cassette - 4 programs, 33 Minutes each

These programs provide a basis for skilled gymnastic instruction. All four programs feature the four basic competitive events: balance beam, floor exercise, uneven parallel bars, and vault. Class V deals with beginning gymnastics instruction; Class IV covers official routines, using skills in Class V; Class III features regular exercises, which are shorter than optional routines; and Class II covers the major competitive skill levels.

Cooperative Sports and Games Book: Challenge Without Competition. Terry Orlick. New York: Pantheon. 1978.

Book

This book covers games and techniques that include skill, sharing, collective scoring, and team goals. Included are original games and adaptations for pre-schoolers to adults that do not require complicated rules or equipment. The non-competitiveness promotes positive cooperation and socialization skills.

Creative Dance for Schools. Sue Leese and Moira Packer. Boston: Plays, Inc. 1981.

Book

This guide gives the basic positions and movement exercises for dramatic, folk, and social dancing.

Daily Physical Education. Champaign, IL: Human Kinetics. 1984.

Instructional Kit

This kit of lesson plans, program masters, and cassettes provides excellent support materials which are thorough and easy to use with a variety of activities and clear illustrations.

Dance Experience, The. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1984.

Film - 16 mm or Video Cassette

This series contains two programs: Preparing to Dance (15 Minutes, Color) and Sources of Dance (17 Minutes, Color) which are designed to present the conceptual roots and motivations of modern dance.

Dancing Games for Children of All Ages. Shizu Matsuda. New York: Sterling Publishing. 1973.

Book

This book gives instructions for teaching simple games and dances based on children's folksongs. The activities are for three to eight year olds.

Dance Is. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1978.

Slide Tape - 12 Minutes

This is a series of 80 slides which presents dance in its many forms. Useful as an introduction to dance, it was developed as a companion piece to the book Dance as Education.

Developing Children--Their Changing Movement: A Guide for Teachers. Mary Ann Robertson and Lolas E. Haverson. Philadelphia: Lea & Febiger. 1984.

Paperback Textbook

This book, written by researchers in the field, deals with the motor development of children and describes both current as well as classic research in a way useful to both parents and teachers.

Developing Teaching Skills in Physical Education. Second Ed. Daryl Siedentop. Palo Alto, CA: Mayfield Publishing Co. 1983.

Book

This text provides carefully researched information and suggestions for effective instruction and class management.

Development of Movement Control and Coordination. J. A. Scott Kelso and Jane E. Clark, Editors. New York: John Wiley & Sons. 1982.

Textbook

This book presents current theoretical perspective and research in motor skill development. How, rather than what, is emphasized.

Developmental Movement Experiences for Children. David L. Gallahue. New York: John Wiley & Sons. 1982.

Book

The author blends traditional and newer movement positions, viewing them as a means to the end of developing and refining fundamental movement and sport skill abilities. Chapters cover the movement and physical abilities of children, including physical and motor fitness, locomotor skills, manipulative skills, and stability skills.

Discovering Lifetime Fitness. George Dinnimin, et al. St. Paul, MN: West Publishing Company. 1984.

Book

The authors explain the components of fitness, provide nutrition and weight control information, and challenge students to set fitness goals. Anne Arundel County suggests the text primarily for high school use.

Dynamic Physical Education for Elementary School Children. Eighth Ed.

Victor P. Dauer and Robert P. Pangrazi. Edina, MN: Burgess Publishing Co. 1986.

Book

The authors include acquisition of skills, fitness development, basic movement, and perceptual-motor concepts in this newest edition. Under the movement section, chapters cover a broad scope and sequence of activities and concepts. Integration with other subjects is addressed.

Elementary Curriculum: Theory and Practice. Waldorf, MD: American Alliance Publications. 1982.

Booklet

This is a compilation of three reprints from The Journal of Physical Education, Recreation, and Dance, providing references on Educational Games, Educational Gymnastics, and Educational Dances.

Elementary Physical Education Methods. Daryl Siedentop and J. Herkowitz. Englewood Cliffs, NJ: Prentice-Hall, Inc. 1984.

Textbook

This book serves as a resource for beginning physical education teachers and a review for others. It includes play and movement in childhood; motor skill development; physical fitness; movement education planning for effective learning; concepts of teaching; and the exceptional child in physical education.

Ethics and Morality in Sport and Physical Education: An Experimental Approach. Earle F. Zeigler. Champaign, IL: Stipes Publishing Co. 1984.

Book

This book covers several ethical theories and then provides recommendations on which theory is most likely to be the best when moral decisions in sports and physical education are made.

Exercise Physiology: Energy, Nutrition, and Human Performance. Second Ed. William D. McArdle, et al. Philadelphia: Lea & Febiger. 1984.

Book

This book deals with the combined effects of nutrition, energy, and exercise performance.

Fencing Book, The. Nancy Curry. Champaign, IL: Leisure Press. 1984.

Paperback Book

This comprehensive guide covers every aspect of the art of foil fencing. Each skill is thoroughly explained and accompanied by detailed photographs. The history of the sport, equipment, etiquette, safety, and rules are also included.

Fitness Discovery Activities. Charles T. Kuntzleman. Spring Arbor, MI: Arbor Press. 1978.

Book

Challenge activities and questionnaires are used to motivate and inform students in the following areas: cardiovascular fitness, general fitness, nutrition, stress, and body weight. More than fifty learning experiences are provided.

Fitness Exercises for Children. Jim L. Stillwell and Jerry R. Stockard. Champaign, IL: Leisure Press. 1983.

Paperback Book

Authors provide an easy-to-use means of explaining and illustrating a variety of exercises that will help youngsters develop strength, flexibility, and endurance. Each exercise is rated on a three-star basis for its contribution to fitness.

Fitness for Life. Charles B. Corbin and Ruth Lindsey. New York: Scott, Foresman & Co. 1985.

Textbook

This book can be used as a resource throughout the physical education curriculum to develop evaluations, tests, and activities. A teacher's edition is available with ditto masters to accompany the student text.

Fitness for the Handicapped. James V. Sullivan. Springfield, IL: Charles C. Thomas. 1984.

Book

This book presents practical guidelines for planning a fitness program for handicapped persons. Included is data on the physiology of exercise and the functional capabilities of the handicapped, as well as instructional methods and ways to adapt regular fitness programs.

Fitscore. Norman, OK: Micro-Matics, Inc. (n.d.).

Computer Software - (Any computer with spreadsheet program)

This is an electronic score sheet that saves time and gives instant results for any fitness test. (Other software available from Micro-Matics: Baseball/Softball, Football, Volleyball, Basketball, Golf.)

Fitting In. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1984.

Monthly Reader - for students, with teacher's guide

Designed for fifth and sixth grades, the reader covers issues of health, fitness, nutrition, and exercise for classroom enrichment and physical application.

Food and Fitness: A Winning Combination for Teachers. Baltimore, MD: Maryland State Department of Education. 1980.

Video Cassette - VHS 1/2", Color, 9 Minutes

This is a nutrition quiz which presents information on physical performance and body functioning.

Fundamental Motor Patterns. Ralph L. Wickstrom. Philadelphia: Lea & Febiger. 1983.

Textbook

This book is designed for the physical education specialist, physical therapist, pediatrician, and others interested in age-group sports. The basic skills of walking, running, jumping, throwing, catching, striking, and kicking are discussed.

Fundamental Movement Patterns: A Developmental and Remedial Approach. B. A. McClenaghan and D. L. Gallahue. Philadelphia: W. B. Sanders Publishers. 1976.

Book

This book provides a set of checklists designed for rating students' mastery of the fine gross motor skills, including running, jumping, throwing, catching, and kicking.

Goals and Strategies for Teaching Physical Education. Donald R. Hellison. Champaign, IL: Human Kinetics. 1985.

Textbook

This book covers behavioral and value strategies that will get students to participate in class as well as minimize discipline problems. Included are guidelines, forms, drill sheets, and student contracts.

Gymnastics for Kids Ages 3-7. Nancy Kelsey Noble. Champaign, IL: Leisure Press. 1983.

Paperback Book

From cartwheels to rope climbing, hundreds of activities are described in this easy-to-follow gymnastics manual. The author suggests a program of warm-ups and stunts for the younger children and adds gymnastic activities as the youngsters advance in age and ability.

Gymnastics Music Tape. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1986.

Cassette Tape

This tape provides music to match compulsory gymnastic routines at all levels.

How to Change the Games Children Play. Don Morris. North Palm Beach, FL: The Athletic Institute. (n.d.).

Book

This book presents the theory that the structure of a game must be analyzed in terms of the specific objective sought before used in instructional programs.

Ideas II: A Sharing of Teaching Practices by Secondary School Physical Education Practitioners. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1984.

Book

This second volume includes articles on programs which use a variety of teaching strategies in physical education. The areas emphasized are coeducational programming, evaluation and grading options, contracts, contemporary games, and motivation through special events, among others.

Illustrated Guide to Teaching Kids to Wrestle. Bill Martell. Champaign, IL: Leisure Press. 1985.

Paperback Book

One of America's most experienced coaches presents step-by-step instructions and 500 sequenced photographs for developing wrestling techniques and skills in the young wrestler.

Implementation of a Health Fitness Exercise Program. Waldorf, MD: American Alliance Publications. (n.d.).

Booklet

This text emphasizes the benefit of aerobic exercise in preventing cardiovascular disease and maintaining weight control. Methods for implementing a health fitness program are detailed.

I'm Special. Tampa, FL: Division of Educational Resources. University of South Florida. 1982.

Video Cassette - VHS 1/2", Color, 30 Minutes

(Available from the Maryland State Department of Education)

This series provides information on teaching physical education to elementary students. Fourteen lessons make up the series. This Is I'm Special: Handicapped or Handicapable; Score One for P. E.; On the Edge of Light; Humans in Motion; The Appropriate Challenge; Principles and Practices; A Lifetime Discovery; Places to Play; A Sense of Space; A Question of Balance; On the Move; Reaching Out; Name of the Game; and Fit to Function.

Individualizing Physical Education: Criterion Materials. Dorothy Zakrajsek and Lois A. Cames. Champaign, IL: Human Kinetics. 1986.

Book

This practical guide provides a sequenced set of learning experiences for most common sports and activities used in upper elementary through senior high school.

Instructional Strategies for Physical Education. Joyce M. Harrison.
Dubuque, IA: William C. Brown Company. 1983.

Book

This book deals with the design and implementation of instructional programs. Though no new concepts are presented, traditional and contemporary movement instructional information is refined and correlated.

Intramurals: A Teacher's Guide. C. M. Hendy and I. McGregor. Champaign, IL: Leisure Press. 1978.

Paperback Book

This comprehensive guide provides a complete outline of how to start and develop a quality program, from organization and administration to programming and games.

Introduction to Research on Health, Physical Education, Recreation, and Dance. Jerry R. Thomas and Jack K. Nelson. Champaign, IL: Human Kinetics. 1985.

Textbook

The text provides an informal approach to research methods. Research and statistical concepts are explained, as are measurement and reporting techniques. Also included are statistical analysis computer programs, creative research methods for dance, and preparation methods for reports.

Juggling. Emonds, WA: Jugglebug. (n.d.).

Video Cassette - VHS 1/2"

This two-hour series of tapes tracks the skills of juggling using balls and other items.

Law for Physical Educators and Coaches. Gary Nygaard and Thomas H. Boone. Salt Lake City, Utah: Brighton Publishing Co. 1981.

Book

This book provides an introduction and overview of the impact of the law on physical educator and coach. The rapidly developing area of sport law and the increased litigation in this area necessitate information on how to prevent lawsuits.

Lead-Up Games to Team Sports. O. William Blake and Anne Volp. Englewood Cliffs, NJ: Prentice-Hall. 1982.

Book

This popular source offers lead-up activities for seven major sports. A section is provided on aiding students in the development of original or modified games which they create. The book is useful for grade 3 through high school.

Leap, Skip, Twist, and Freeze. Kate O'Neill, Editor. East Lansing, MI:
Michigan Dance Association. (n.d.).

Book

The eighteen lesson plans in this book cover a wide range of approaches to creative movement, with lessons geared toward specific age levels from preschool through grade 6. Space requirements and suggested music and props are included with each lesson.

Leaps and Bounds. Hawaii State Department of Education. Bloomington, IL:
Agency for Instructional Television. 1984.

Video Cassette - 1/2" VHS, 15 Minutes
Grades K-2

In this series for grades K-2, students learn about their bodies and the exciting way they move. Each segment develops a specific movement vocabulary and skill such as body awareness and control, locomotor skills, creative movement, rope jumping, throwing and catching, kicking, striking, tumbling, and apparatus. The series is a model for effective class organization strategies, teaching cues, and sequential, developmentally appropriate movement experiences.

Measurement and Evaluation in Physical Education, Fitness, and Sports.

James S. Bosco and William F. Gustafson. Englewood Cliffs, NJ: Prentice-Hall. 1983.

Textbook

In addition to describing measurement procedures, this text critiques and challenges various tests, beliefs, and approaches. The general structure is the same as other measurement and evaluation texts, with an introductory chapter followed by an overview of statistics, measurement concepts, and test construction; then specific chapters on measurement of various physical or sport-related tasks; and finally information on cognitive testing and grading.

Measurement for Evaluation in Physical Education. Ted A. Baumgartner and
Andrew A. Jackson. Dubuque, IA: William C. Brown Company. 1982.

Book

This text covers many of the important areas in measurement and provides information on measuring general motor ability, motor skills, and physical fitness. There are sections on skills testing, major affective tests, and cognitive assessment.

Microcomputing in Sport and Physical Education. David A. Brodie and John J.
Thornhill. New York: Sterling Publishing. 1983.

Book

This book shows how microcomputers can be applied to a variety of sport and physical education activities, providing support to teachers, coaches, and administrators.

Modern Dance: Twelve Creative Problem-Solving Experiments. Paulette Shatranski. New York: Scott Foresman & Company. 1985.

Textbook

Designed to stimulate creativity and improvisation, these twelve experiments provide specific guidelines for developing small dance studies. A workbook format with a consistent detailed outline procedure for each experiment helps students and teachers experience the creative process that leads to self-expression and successful performance.

Motor Development in the Child and Adolescent. Jerry R. Thomas, Editor. Baton Rouge, Louisiana: Louisiana State University. 1984.

Textbook

Thirteen of the leading motor development educators in the U.S. have contributed to this comprehensive text that introduces the basic concepts of motor development in children ages 4-15 and how those concepts relate to physical education and sports programs.

NAGWS Sports Guides. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1984.

Guides

These guides provide the official rules for performing and officiating the following sports: field hockey, gymnastics, soccer, softball, tennis, and volleyball.

National Federation Rule Books. Kansas City, MO: National Federation of State High School Associations. 1986.

Booklets

Up-to-date rule books included are: Baseball Rules Book, 1987; Basketball Rules Book, 1986-87; Basketball Simplified and Illustrated Rules, 1986-87; Football Rules Book, 1986; Field Hockey Rules Book, 1986-87; Football Rules Book, 1986; Football Simplified and Illustrated Rules, 1986; Girls Gymnastics Rules Book and Manual, 1986-87; Boys Gymnastics Rules Book, 1986-87; Soccer Rules Book, 1986-87; Softball Rules Book, 1987; Swimming, Diving, and Water Polo Rules Book, 1986-87; Track and Field Rules Book, 1987; Volleyball Rules Book, 1986-87; and Wrestling Rules Book, 1986-87.

New Adapted Physical Education, The. Janet A. Seaman and Karen P. Depauw. North Palm Beach, FL: The Athletic Institute. (n.d.).

Book

This book helps educators focus on the ability rather than the disability of handicapped students and serves as an aid for planning, implementing, and evaluating effective programs for handicapped students.

New Games Book, The. Andrew Fluegelman, Editor. Garden City, NY: Doubleday & Company, Inc. 1976.

Paperback Book

The "New Games" philosophy is presented followed by more than fifty games appropriate for two, twelve, or twenty-four people or large groups varying in age level and skill ability. Stress is on involvement rather than competition.

Nutrition for Sports Success. Waldorf, MD: American Alliance Publications. 1984.

Book

This book is a guide for the nutritional needs of the performing athlete. Included are basic dietary requirements for health maintenance, achieving competitive weight, prevention of heart disorders, myths and realities of drugs, and dietary supplements.

Official YMCA Fitness Program. National Board of YMCAs, Editor. Champaign, IL: Human Kinetics. 1984.

Paperback Book

This handbook contains a three-part plan for exercise, diet, and stress management. It provides exercises for developing overall fitness and advice on diet, improving posture, recovering from back injuries, easing menstrual discomfort, and minimizing stress.

Outdoor Adventure Activities. Paul W. Daist and George P. Armstrong. North Palm Beach, FL: The Athletic Institute. (n.d.).

Book

This book presents methods for including sailing, backpacking, cycling, rock climbing, and other popular outdoor activities in the physical education program.

Parachute Movement Activities. Ron French and Michael Horvat. Norfolk, VA: Bleecker Street Publishing Corporation. 1983.

Paperback Book

This is a comprehensive guide designed to benefit children in the areas of physical, motor, social-emotional, and academic development. Suggestions are given for instructing the handicapped.

Physical Education Activities and Dance Series. Dubuque, IA:

William C. Brown Company. 1970-1985.

Paperback Book

For use in grades 10-12, this forty-four book series includes: Advanced Badminton, Advanced Tennis, Archery, Badminton, Basketball for Women, Basketball, Bowling, Canoe Camping, Canoe and Sailing, Circuit Training, Contemporary Square Dance, Cycling, Field Hockey, Figure Skating, Foil Fencing, Golf, Handball, Judo, Karate, Lacrosse, Racketball, Skiing, Skin and Scuba Diving, Soccer and Speedball for Women, Soccer, Softball, Slow and Fast Pitch, Squash, Racquetball, Swimming, Table Tennis, Tennis, Track and Field, Trampoline, Volleyball, Weight Training, and Wrestling.

Physical Education Index. Cape Girardeau, MO: Ben Oak Publishing Company. 1979-1986.

Periodical Index

This is a subject heading index published quarterly that provides information on dance, health, physical education, physical therapy, recreation, sports, and sports medicine topics from approximately 170 journals.

Physical Education and Recreation for the Visually Impaired. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1982.

Book

This book covers current programs, trends, and legal issues regarding the visually impaired student. Intended for use by physical education instructors and parents, it includes information on the various types of visual impairments as well as suggestions for methods of instruction.

Physical Education for Children. Second Ed. Bette J. Logsdon, et al. Philadelphia: Lea & Febiger. 1984.

Book

This text aids teachers in developing an instructional program focused on helping children acquire, adapt, and utilize a broad spectrum of games, dance, and gymnastic skills. The major objectives of the book are to help teachers organize a teaching/learning progression and to increase their understanding of movement analysis and teaching strategies.

Physical Education Professional Preparation, Insights, and Foresights. Hubert A. Hoffman and Judith E. Rink, Editors. Waldorf, MD: American Alliance Publications. 1984.

Conference Proceedings - Second National Conference on Preparing the Physical Education Specialist for Children, October 2-23, 1984.

This is a collection of papers and program models which focus on preparing the physical education specialist for the elementary program. The wide range of topics reflect the current thinking on curriculum development.

Physical Education: Styles of Teaching. Muska Moston. Columbus, OH:
Charles E. Merrill. 1981.

Book

The author addresses the range of teaching styles used in the field from teacher-directed to student-directed. He provides information on the benefits and possible disadvantages of each and offers ways to vary teaching methods to meet the diverse needs of learners.

Physical Education Teaching Units for Program Development: Grades K-3.
Bette J. Logsdon, et al. Philadelphia: Lea & Febiger. 1986.

Paperback Book

This teaching manual features instructional units which focus on dance, games, and gymnastics. Each unit contains objectives which pinpoint anticipated enrichment in the motor, cognitive, and affective aspects of learning.

Physical Education Teaching Units for Program Development: Grades 4-6.
Bette J. Logsdon, et al. Philadelphia: Lea & Febiger. 1986.

Paperback Book

More advanced than the K-3 teaching progressions, these units continue the development of an effective scope and sequence for elementary physical education. The content includes material designed to improve skills attained in the primary grades as well as to develop new skills.

Physical Education and Sport for the Secondary School Student. Reston,
VA: American Alliance for Health, Physical Education, Recreation, and
Dance. 1983.

Textbook

This book provides a well-balanced program of physical activities divided into twenty-three areas to cover the full scope of activities in the physical education and sports fields.

Physical Fitness/Assessment. Hastings, MN: CompTech Systems Design.
(n.d.).

Computer Software - (Apple, Commodore 64, and IBM)

This software will assist the instructor in recording and maintaining fitness information on class members. (Also has software available on Dance, Individual/Dual/Team Sports, Sport Statistics, Wellness, and Graphics/Image Processing.)

Physical Fitness: A Way of Life. Bud Getchell. New York: John Wiley & Sons. 1983.

Textbook

A clear, comprehensive guide for students and instructors on making physical fitness a life style.

Physical Fitness Evaluation Program. Freeport, NY: Educational Activities. 1985.

Computer Software - (Apple II & IIc 48K, TRS-80 Models I/III 32K)

This program provides a comprehensive aerobic exercise plan to encourage students to develop a life long exercise program.

Physical Fitness Testing of the Disabled: Project UNIQUE. Joseph P. Winnich and Francis X. Short. Champaign, IL: Human Kinetics. 1985.

Test Manual

This manual covers fitness testing and programming for orthopedically and sensory impaired as well as non-handicapped youngsters. Included are testing guidelines for muscular strength/endurance, cardiorespiratory endurance, flexibility, and body composition.

Planning Facilities for Athletics, Physical Education, and Recreation.

Richard B. Flynn, Editor. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1984.

Book

This book presents the state of the art regarding planning facilities for athletics, physical education, and recreation. Covered are indoor and outdoor facilities, elementary schools through college facilities, pools, and considerations for handicapped facilities.

Practical Approach to Measurement in Physical Education, A. Rosemary McGee and Harold M. Barrow. Philadelphia: Lea & Febiger. 3rd Edition. 1979.

Book

This is a measurement and evaluation text for use by the physical education instructor.

Practical Measurements for Evaluation in Physical Education. Barry L. Johnson and Jack K. Nelson. Edina, MN: Burgess Publishing Co., 1986.

Book

This is an easy-to-read measurement and evaluation text for the physical education teacher. The fitness section contains norms and percentile charts. The skill section includes tests and scoring techniques; the affective section includes descriptions of tests on social behavior and adjustment, sociometric measures of acceptance, leadership ability, and attitude.

Progressive Development of Movement Abilities in Children. David L. Gallahue and Marika Botha. Bloomington, IN: Indiana University. 1982.

Film - 16 mm, Color, 15 Minutes

Developed to use with associated texts written by Dr. Gallahue, this film depicts the development of children's movement abilities, ranging from the first reflexive movements of newborns to the fundamental and sport skill abilities of children and adolescents.

Project Dart: Physical Education for Handicapped Students. Ernest Bundschuh. Northbrook, IL: Hubbard. 1983.

Textbook

Written to assure compliance with the mandate that instruction in physical education be provided to all handicapped students, this book provides physical educators with the knowledge, skills, and techniques necessary for working with handicapped students. Topics include the rules and regulations of PL. 94-142, which have particular significance for physical education; definitions and characteristics of disabled populations; issues and methods of assessment; and approaches to program planning.

Project Superfit Test Computer Program. Robert Grace. Baltimore, MD: Maryland Commission on Physical Fitness. 1986.

Computer Software - (Apple IIc or IIe)

This program permits the test administrator or aide to enter test results for individuals and classes for immediate or future reference. Pre- and post- results can be compared. Program printout indicates a student's score on each item, percentiles, changes from previous scores, and areas which need attention. A graphic display is provided for each performer.

Project Superfit Test Manual. Project Superfit Committee. Baltimore, MD: Maryland Commission on Physical Fitness and Maryland State Department of Education. 1986.

Test Manual

The manual describes how to administer, score, and determine awards for the Maryland Superfit Test which includes these items: Skinfold Measurements at the Triceps and Subscapula (optimal), Chin-ups, Sit-ups, Sit and Reach, and One Mile or nine-minute Walk/Run. Norms are supplied for boys and girls ages 5-18.

Psychological Foundations of Sport. John M. Silva III and Robert S. Weinbeg. Champaign, IL: Human Kinetics. 1984.

Book

This text covers personality, anxiety, and arousal, as well as the relationship between exercise and psychological well-being.

Pygmalion in the Gym: Causes and Effects of Expectations in Teaching and Coaching. Thomas J. Martinek, et al. Champaign, IL: Leisure Press. 1982.

Paperback Book

This book explains the essence of the pygmalion theory--that students and athletes often perform according to their instructor's expectations. It provides guidance to teachers on ways to improve communication skills.

Right to Participate, The: The Law and Individuals with Handicapping Conditions in Physical Education and Sports. Herb Appenzeller. Charlottesville, VA: The Michie Company. 1988.

Textbook

The fifth in the physical education and law series, this text focuses on the relatively narrow topic of legislation regarding the rights of handicapped individuals to participate in programs of physical education and sports. While federal legislation has created new opportunities, it has also raised complex and confusing questions. This text summarizes the appropriate laws and provides suggestions for implementation while illustrating the position of the courts in related litigation.

Second Cooperative Sports and Games Book. Terry Orlick. New York: Pantheon. 1982.

Book

This book offers over 200 new noncompetitive games for children that involve them in positive social learning. The children learn to play with one another rather than against each other.

Skills Test Manual: Archery for Boys and Girls. Waldorf, MD: American Alliance Publications. 1967.

Test Manual

This is a skills test manual for junior and senior high school students. Students are required to shoot two arrows at a 48-inch target from distances of 10 to 30 yards. Girls shoot from 10 and 20 yards; boys from 10, 20, and 30 yards. The target is scored 9-7-5-3-1 with misses scored as 0.

Soccer Games Book, The. J. Malcolm. Simon and John A. Reeves. Champaign, IL: Leisure Press. 1982.

Paperback Book

This collection of 160 soccer games is a great alternative to drilling and scrimmaging. The games are particularly helpful with younger learners.

Softball Handbook, The. Susan Craig and Ken Johnson. Champaign, IL: Leisure Press. 1985.

Paperback Book

This book covers the fastpitch softball fundamentals such as hitting, fielding and baserunning, while stressing many advanced skills and strategies, including sliding, rundowns, and specific tips for the outfielders, infielders, catcher, and pitcher.

Sports Instruction. Mankato, MN: Creative Education. 1982.

Paperback Books

For use in Grades 3-9, this series contains twenty-four books, with three or four on each of these sports: baseball, basketball, football, hockey, soccer, tennis, and track and field.

Sports Management in Schools and Colleges. Harold J. VanderZwaag. New York: John Wiley & Sons. 1984.

Book

This text utilizes the five principal managerial functions--planning, organizing, staffing, directing, and controlling--to give a true understanding of sports management principles and how to apply them successfully.

Sports Skills Test Manuals. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. (n.d.).

Test Manual

This is a series of manuals designed to improve the teaching and evaluation of sport skills. Each contains a series of skills tests with national norms for boys and girls ages 10-18. Complete instructions for administering the tests and suggestions for their use as instructional aids are given. The series titles are: Archery Skills; Basketball Skills; Softball Skills; and Volleyball Skills.

Starting Small in the Wilderness. Marilyn Doan. San Francisco: Sierra Club. 1979.

Book

This guide to the outdoors emphasizes safety as well as an appreciation of nature. Includes chapters on hiking, backpacking, bicycling, water sports, and winter activities.

STXBall Official Rules. Timonium, MD: STX-INC. 1985.

Pamphlet

This publication outlines the rules for a new lacrosse-type game that offers students a way to develop hand-eye coordination and improve their general physical condition. Information on running, passing, catching, and accurate shooting to score goals is included. Rules are adapted for various age and skill levels.

Swimnastics Is Fun. Volumes I and II. Waldorf, MD: American Alliance Publications. Volume I, 1975; Volume II, 1982.

Booklets

Volume I covers swimnastics theory and recreational swimming, with a description of swimnastics exercises, games, contests, relays, and races. Volume II is an expanded look at swimnastics and includes aerobic dancing, belly dancing, calisthenics, and other water exercises.

Systematic Observation Instrumentation for Physical Education. Paul Darst, et al. Champaign, IL: Leisure Press. 1983.

Paperback Book

The text includes thirty three contributions that investigate interaction analysis and behavior analysis systems as well as teaching observation systems. These tools can provide objective and systematic feedback to physical educators about their professional performance.

Teach for Fitness. Lauri Priest. Washington, DC: ERIC Clearinghouse for Teacher Education. 1981.

Book

This resource provides teachers with instructional strategies to enhance students' understanding of exercise and activities designed to develop and maintain physical fitness. Anne Arundel County recommends this book, particularly for high school use.

Teacher's Helper: Physical Fitness for Handicapped Students. Maryland State Department of Education. Baltimore, MD: MSDE. 1983.

Booklet

Chapters include an introduction to physical fitness concepts, assessment of fitness levels, and program implementation. Selected fitness tests are reviewed.

Teaching Badminton. Ralph Ballon. Minneapolis: Burgess Publishing Co. 1982.

Book

This book deals with badminton on three levels; beginning, intermediate, and advanced, and includes objectives, rules, diagrams, and techniques for teaching badminton.

Teaching Gifted Children Through Motor Learning. James H. Humphrey. Springfield, IL: Charles C. Thomas. 1985.

Book

This book deals with educating gifted children through a program of learning involving motor activity developed by the author. Separate chapters are devoted to motor learning in math, reading, and science.

Teaching Golf to Special Populations. DeDe Owens, Editor. Champaign, IL: Leisure Press. 1984.

Paperback Book

The authors introduce a variety of strategies, technical information, and psychological considerations for working with the physically handicapped in golf. This book covers how golf can motivate these individuals and make their lives more enjoyable.

Teaching Physical Education for Learning. Judith E. Rink. St. Louis: Times Mirror/Mosby. 1985.

Book

The text outlines several teaching practices that emphasize improving the efficiency of instruction and the quality of teaching.

Teaching Physical Education and Sport for the Secondary Student. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance. 1983.

Textbook

Seventeen areas involving the full scope of activities in the physical education field provide invaluable assistance in selecting or developing a well-balanced program of physical education.

Teaching Your Wings to Fly: The Nonspecialist's Guide to Movement Activities for Young People. Anne Lief Barlin, Ruthie Gluckson and Mady Taylor. New York: Goodyear. 1979.

Book and Record

This book offers support for those who wish to try an aesthetic approach to movement education. For each movement, the purpose, appropriate age, and instructions are given. The record provides appropriate music.

Tennis Group Instruction, II. Waldorf, MD: American Alliance Publications. (n.d.).

Booklet

This text assists physical education instructors in teaching tennis more effectively to beginner groups. It is primarily intended for instructors who have little personal skill in the game.

They Have to Be Carefully Taught. Waldorf, MD: American Alliance Publications. 1981.

Book

This text deals with the growth and development of young children with handicapping conditions. Basic physical and motor skills are presented in terms of what they are and how they develop.

Tips and Techniques: Ability Grouping and Performance Evaluation in Physical Education. Illinois State Board of Education. Springfield, IL: ISBE. 1982.

Paperback Booklet

This booklet is a report of a statewide symposium held to address two aspects of coeducational physical education that has caused widespread concern--the six-fair ability grouping and the six-fair performance evaluation of students. Each topic is addressed in depth and suggestions given of possible ways to cope successfully with existing or potential difficulties.

Title IX and Physical Education. Maryland State Department of Education. Baltimore, MD: MSDE. 1979.

Booklet

Seven focal areas are addressed in this Task Force document: Scheduling, Facilities and Equipment, Contact Sports, Ability Grouping, Student Evaluation, Leadership and Staffing, and Locker Room Supervision. Suggestions are given to resolve problems in each area and to provide a strong coeducational program.

Twelve Great Basketball Offenses. Waldorf, MD: American Alliance Publications. 1982.

Book

This resource for coaches presents the basics for twelve basketball offenses. Each is highlighted with diagrams and options for adaptations.

Ultimate Fitness Book, The. Charles Corbin and Ruth Lindsay. Champaign, IL: Leisure Press. 1984.

Paperback Book

Authors tell "everything one needs to know to get in shape and stay in shape." They provide a step-by-step starter fitness program which guides the reader in setting up individualized activities for flexibility, strength development, cardiovascular endurance, weight control, and relaxation.

USTA Courtstar. Princeton, NJ: USTA Education and Research Center. 1984.

Instructional Kit - Lessons, poster, workload, teacher's guide, and class roll forms

This kit is an on-court program for beginning instruction and is especially designed for group teaching in schools, parks, and community centers.

USTA Skills Test and Awards. Princeton, NJ: USTA Education and Research Center. 1984.

Instructional Kit - Teacher's guide, test cards, class roll forms, and certificates

This kit allows the group instructor to measure skills at five levels. The test cards, certificates, and class roll forms are color coded.

USTA Starter Tennis. Princeton, NJ: USTA Education and Research Center. 1984.

Instructional Kit - Teacher's guide, 25 student books, skill test, certificates, and badges.

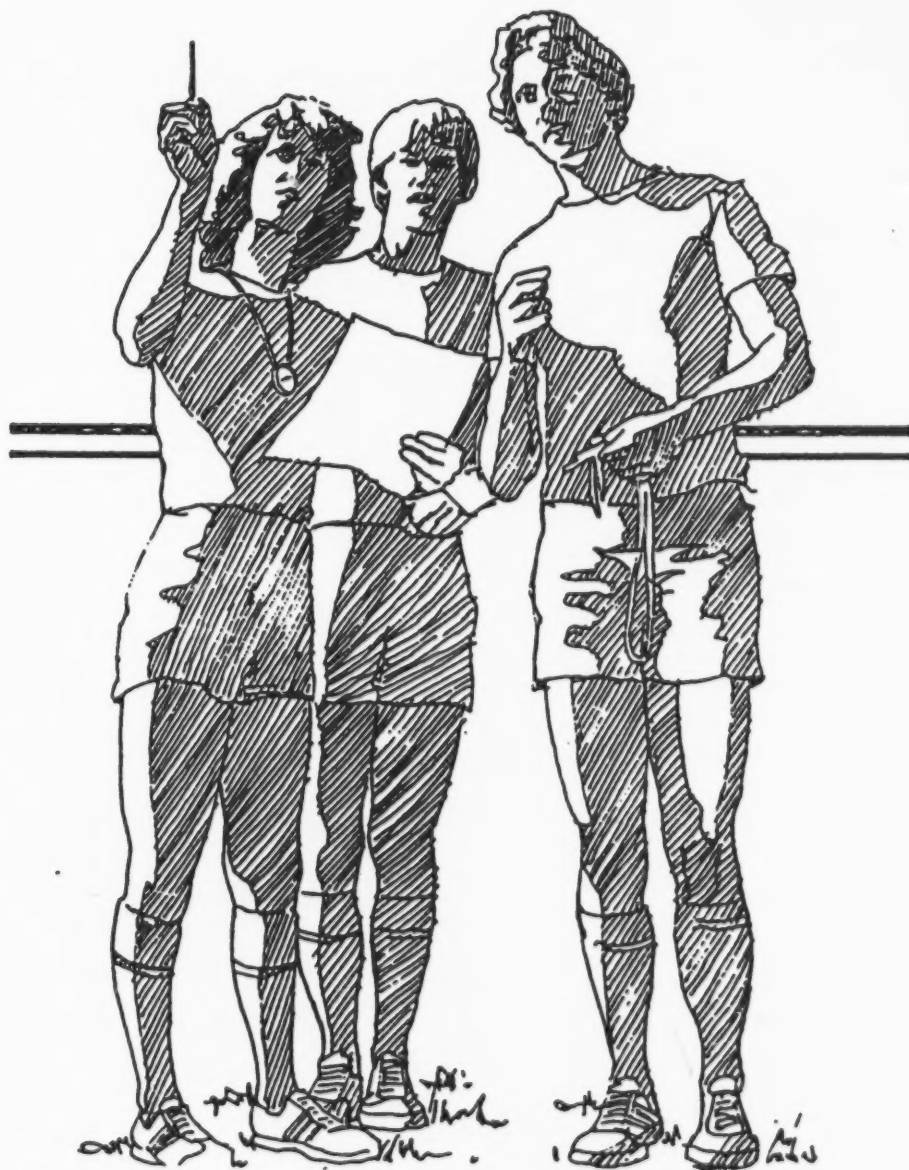
This kit is designed to help teachers teach tennis at the introductory level, particularly where courts may not be available.

What Are We Doing in Gym Today? Kenneth G. Tillman and Patricia R. Toner. New York: Parker Publishing Co., Inc. 1983.

Textbook

A fresh approach is used to help students develop motor skills and appropriate physical activity.

PART IV
PHYSICAL EDUCATION RELATED JOURNALS



Part IV

Physical Education Related Journals

The following is a list of journals related to physical education. Those preceded by an asterick (*) are professional journals: the remainder are student and instructor journals.

Action Sports Hockey. Yearly \$5, Rostam Publishing, Inc., Box 1374, New York, NY 10022.

* Adapted Physical Activity Quarterly. Quarterly \$40, Human Kinetics Publishers, Inc., Box 5076, Champaign, IL 61820.

Aerobics and Fitness Association of America Journal. 6 Issues with Membership, Aerobics and Fitness Association of America, 15250 Ventura Blvd., No. 802, Sherman Oaks, CA 91403, 818-905-0040.

* Alliance Update. 9 Issues with Membership, American Alliance for Health, Physical Education, Recreation, and Dance, 1900 Association Drive, Reston, VA 22091, 703-476-3400. (Former Titles--AAHPERD Update and AAHPER Update).

Amateur Baseball News. 7 Issues \$5, American Baseball Congress, Inc., 215 E. Green, Marshall, MI 49008, 216-836-6424.

Amateur Wrestling News. 14 Issues September-May \$14, Amateur Wrestling News, Box 80387, 3701 N. Olive, Oklahoma City, OK 73146, 405-528-8724.

American Fitness Quarterly. Quarterly, Steve Bliss/Gary Benford, Box 15506, Columbus, OH 43215.

American Health: Fitness of Body and Mind. Monthly \$12, American Health Partners, 80 Fifth Avenue, New York, NY 10011, 212-242-2600.

American Journal of Sports Medicine. Bimonthly \$50, American Orthopaedic Society for Sports Medicine, 428 East Preston, Baltimore, MD 21201.

American Sports. Monthly \$26, P.O. Box 386, Rosemead, CA 91770, 818-572-4727.

APBA Journal. Monthly \$13, 5705 Williamskeg Way, Durham, NC 27713, 919-544-2235.

Archery World. Bimonthly \$9, 11812 Wazzato Blvd., Suite 100, Minnetonka, MN 55343, 612-545-2662.

ASH Newsletter. 6 Issues \$10, Action on Smoking & Health, 2013 H Street NW, Washington, DC 20006, 202-659-4310.

Athletes in Action. Quarterly \$8.97, Arrowhead Communication, 2700 Little Mountain, San Bernardino, CA 92414, 714-886-5224.

* Athletic Administration. 6 Issues \$15, National Association of Collegiate Directors of Athletics, 1229 Smith Court, Box 16428, Cleveland, OH 44116.

Athletic Journal. Monthly September-June \$6, Athletic Journal Publishing Co., 1719 Howard St., Evanston, IL 60202, 312-328-8545.

* Athletic Training. Quarterly \$20, National Athletic Trainers Association, Inc., Box 1865, Greenville, SC 27834, 919-752-1725.

Backpacker. 6 Issues \$18, Ziff-Danes Publishing Co., Consumer Division, One Park Avenue, New York, NY 10016, 212-725-3500.

Baseball America. Semimonthly \$22.50, American Sports Publishing, Inc., Box 2089, Durham, NC 27702, 919-688-7945.

Baseball Digest. Monthly \$11.95, 1020 Church Street, Evanston, IL 60201, 312-491-6440.

Baseball Illustrated. Annually (n.p.), Lexington Library, Inc., 355 Lexington Avenue, New York, NY 10017, 212-391-1400.

Basketball Annual. Annually (n.p.), Lexington Lab Inc., 355 Lexington Avenue, New York, NY 10017, 212-391-1400.

* Basketball Clinic. 10 Issues \$28, Princeton Educational Publications, CN 5245, Princeton, NJ 08540, 609-924-9320.

Basketball Digest. 8 Issues \$6.95, 1020 Church St., Evanston, IL 60201, 312-491-6440.

Bestways Magazine: Your Health, Diet, and Nutrition. Monthly \$15, Bestways Magazine, Inc., 400 Hot Springs Rd., Box 2028, Carson City, NV 89201, 702-883-7311.

Bicycle Sport. Monthly \$16.50, Wizard Publications, Inc., 3162 Kashwa St., Torrance, CA 90505, 213-539-9213.

Bicycle USA. Monthly \$18, Box 988, Baltimore, MD 21203, 301-727-2022.

Bicycling. 12 Issues \$13.95, Rodale Press, Inc., 33 E Minor St., Emmaus, PA 18049, 215-967-5171.

Board and Sail Magazine. Bimonthly \$10, 5109 Esmeralda St., Sacramento, CA 95820, 916-456-2130.

Boat and Arrow. Bimonthly \$9, Gallant Publishing Co., Inc., Box HH, Capistrano Beach, CA 92624, 714-493-2101.

Bowlers Journal. Monthly \$7, National Bowlers Journal, Inc., 875 N. Michigan Avenue, Chicago, IL 60611, 312-266-7171.

Bowling Digest. 6 Issues \$12, 1020 Church St., Evanston, IL 60201, 312-491-6440.

- Bowling Magazine. 11 Issues \$4, American Bowling Congress, 5301 S. 76th St., Greendale, WI 53129, 414-421-6400.
- * Bulletin of Physical Education. Triannually, British Association of Advisers and Lecturers in Physical Education, L. Almond, Editor, Dept. of P.E. and Sports Science, University of Technology, Loughborough, Leicestershire, LE113TU, England.
- Camping Magazine. 7 Issues \$15, American Camping Association, Bradford Woods, Martinsville, IN 46151, 317-342-8456.
- Canoe. Bimonthly \$15, 60 Elm St., Camden, ME 04843, 207-236-4393.
- * The Coaching Clinic. 10 Issues \$28, Princeton Educational Publications, ON 5245, Princeton, NJ 08540, 609-924-9320.
- Colorado Sports Monthly. Monthly \$9.95, Colorado Springs Publishing, Inc., Box 6253, Colorado Springs, CO 80934, 303-639-3330.
- Cross Country Skier. 5 Issues \$10, Cross Country Skier, Inc., Box 1203, West River Road, Brattleboro, VT 05301.
- * Dance Magazine. Monthly \$23.95, 33 West 60th St., New York, NY 10023.
- Dance Research Journal. Biannually, Congress on Research in Dance, Dance Department-Education 684D, New York University, 35 West 4th, New York, NY 10003.
- * Dance Teacher Now. 9 Issues, \$18 (Foreign \$22), SMW Communications, Inc., 803 Russell Boulevard, Davis, CA 95616.
- Fit: New Magazine for Today's Active Woman. Monthly \$17.95, Runners World Magazine Co., Inc., 1400 Stierlin Rd., Mountain View, CA 94043, 415-965-8777.
- Fitness and Diet. Quarterly, Runners World Magazine, Inc., Box 366, Mountain View, CA 94042, 415-965-8777.
- * Fitness Bulletin, The. Monthly \$24, The Fitness Institute, 255 Yorkland Blvd., Willowdale, Ontario, M2J 1S3, Canada.
- Flex Magazine. Monthly \$1.95 per month, Flex Magazine, 21100 Erwin St., Woodland Hills, CA 91367, 213-884-6800.
- Foil, The. Biannually \$4, Harriet Rodenberg, Executive Director, Delta Psi Kappa, 531 West 83rd Place, Indianapolis, IN 46260.
- Forever Young (Fitness). Monthly \$12, National Reporter Publications, 15115 South 76th E. Avenue, Bixby, OK 74008, 918-366-4441.
- Golf Digest. Monthly \$17.95, 495 Westport Ave., P.O. Box 5350, Norwalk, CT 06856, 203-847-5811.
- Golf Journal. 9 Issues \$9, U.S. Golf Association, Golf House, Far Hills, NJ 07931, 201-234-2300.

- Golf Magazine. Monthly \$11.94, 380 Madison Ave., New York, NY 10017, 212-687-3000.
- Gymnastics World. Bimonthly \$6, Sundby Sports, Inc., 410 Broadway, Santa Monica, CA 90401, 213-451-8768.
- Handball. Bimonthly \$20, U.S. Handball Association, 930 N. Benton Ave., Tucson, AZ 85711.
- Hockey Digest. Monthly October-June \$9.95, Century Publishing Co., 1020 Church Street, Evanston, IL 60201, 312-491-6440.
- Hockey Illustrated. 6 Issues, \$7.95, Lexington Library, Inc., 355 Lexington Ave., New York, NY 10017, 212-391-1400.
- * Human Movement Science. Quarterly \$69.50, North-Holland Publishing Company, Box 211, 1000 AE Amsterdam, The Netherlands.
- * Info AMU. Bimonthly \$4, 3400 W. 86th St., P.O. Box 68207, Indianapolis, IN 46268, 317-872-2900.
- Insports. 4 Issues \$27.80, Creative Education, Inc., Box 227, Mankato, MN 56001.
- International Gymnast Magazine. Monthly \$20, Sundby Sports, Inc., 410 Broadway, Suite 4, Santa Monica, CA 90401, 213-451-8768.
- * International Journal of Physical Education. Quarterly (n.p.), DM28, Verlag K Hofmann, Postfach 1360, 7060 Schorndorf, Federal Republic of Germany.
- Iron Man. (Body Building and Weightlifting) Bimonthly \$10, Iron Man Industries, 512 Black Hills Ave., P.O. Box 10, Alliance, NE 68301, 308-762-5152.
- * Journal of Applied Physiology: Respiratory, Environmental, and Exercise Physiology. (Exercise related articles only), Monthly \$112, 9650 Rockville Pike, Bethesda, MD 20814.
- * Journal of Motor Behavior. Quarterly \$50, Heldref Publications, 4000 Albemarle St., N.W., Washington, D.C. 20016.
- * Journal of Physical Education, Recreation, and Dance. Monthly (except June and July; November and December issues combined) \$45 Nonmembers, American Alliance for Health, Physical Education, Recreation, and Dance, 1900 Association Drive, Reston, VA 22091, 703-476-3400.
- * Journal of Sport and Social Issues. Semiannually \$14, Northeastern University, Center for Sport and Social Issues, 11 Leon St., Boston, MA 02115.
- * Journal of Sport Behavior. Quarterly \$14, University of South Alabama, Department of Health, Physical Education, and Leisure Services, Box 8650, Mobile, AL 36608, 205-343-7700.

Journal of Sport History. 3 Issues \$25, North American Society for Sport History, 101 White Building, Pennsylvania State University, University Park, PA 16802, 814-865-4700.

- * Journal of Sport Psychology. Quarterly \$24, Human Kinetics Publishers, Box 5076, Champaign, IL 61820, 217-351-5076.

- * Journal of Sports Medicine and Physical Fitness. Quarterly \$60, Minerva Medica, Corso Bramante 83-85, 10126 Torino, Italy.

Journal of Teaching in Physical Education. Quarterly, Individuals \$20, Institutions \$40, Human Kinetics Publishers, Inc., Box 5076, Champaign, IL 61820, 217-351-5076.

Karate Illustrated. Monthly \$19.50, Rainbow Publications, 1813 Victory Pl., Burbank, CA 91510, 213-843-4444.

- * Let's Make It Official. Annually \$2, National Federation of State High School Associations, 11724 Plaza Circle, Box 20626, Kansas City, MO 64195, 816-464-5400.

- * Modern Athlete and Coach. Quarterly \$15, Australian Track & Field Coaches Association, 1 Fox Ave., Athelstone, SA 5076 Australia.

Muscle and Fitness. 12 Issues \$29.25, Brute Enterprises, 21100 Erwin St., Woodland Hills, CA 91367.

Muscle Digest. Monthly \$24, Muscle Digest, Inc., 1807 1/2 Newport Blvd., Costa Mesa, CA 92627.

Muscle Training Illustrated. 9 Issues \$14, Muscle Man, Inc., 219-10 S. Conduit Ave., Springfield Gardens, NY 11413, 212-258-3900.

Muscular Development. Bimonthly \$7.50, Strength and Health Publishing Co., Box 1707, York, PA 17405, 717-767-6481.

- * National Intramural-Recreational Sports Association (Journal of). Triannually \$25, Will Holsberry, Dixon Recreation Center, Oregon State University, Corvallis, OR 97331.

National Racquetball. Monthly \$16, Publication Management, Inc., 1800 Pickevillie Ave., Glenview, IL 60025.

- * National Strength & Conditioning Association Journal. Bimonthly \$18, National Strength & Conditioning Association, P.O. Box 81410, Lincoln, NE 68501.

National Wheelchair Basketball Association Newsletter. Semiannually November-March, Membership Only, National Wheelchair Basketball Association, 110 Seaton Bldg., University of Kentucky, Lexington, KY 40506.

- * Nautilus Magazine. Bimonthly \$7.50, Nautilus Sports, Medical Industries, Inc., Box 1783, Deland, FL 32720.

Official Karate. Every 6 weeks, \$9 for 6 months, Charlton Publications, Inc., Charlton Bldg., Derby, CT 06418, 203-735-3381.

Olympian, The. 10 Issues \$19.84, United States Olympic Committee, 1750 E. Boulder St., Colorado Springs, CO 80909.

P.G.A. Magazine. Monthly \$12, Professional Golfers' Association of America, 100 Avenue of the Champions, Palm Beach Gardens, FL 33410, 305-626-3600.

- * Perceptual and Motor Skills. (Physical education and sports related articles only), Bimonthly \$15, Box 9229, Missoula, MT 59807.

Physical Education Review. Biannually, Studies in Education Ltd. (For the North Western Counties Physical Education Association), Trefor Jones DMS, 37 Wyverne Road, Manchester, M2112W, England.

- * The Physical Educator. Quarterly \$12, Phi Epsilon Kappa Fraternity, 9030 Log Run Dr. N., Indianapolis, IN 46234.

- * Physician and Sportsmedicine, The. Monthly \$39, McGraw-Hill Publishing Co., 4530 W. 77th St., Minneapolis, MN 55435.

Potomac Appalachian. Monthly \$5.50, Potomac Appalachian Trail Club, Inc., 1718 N. St. N.W., Washington, DC 20036, 202-638-5306.

Racquetball Illustrated. Bimonthly \$10, CFM Enterprises, Inc., 7011 Sunset Blvd., Hollywood, CA 90028, 213-467-1300.

Recreation, Sports, and Leisure. 9 Issues \$24, Lakewood Publications Inc., 731 Hennepin Avenue, Minneapolis, MN 55403, 612-333-0471.

- * Referee. Monthly \$12.50 (Alternates with Referee Report), Referee Enterprises, Inc., Box 161, Franksville, WI 53126, 414-632-8855.

- * Research Quarterly for Exercise and Sport. Quarterly \$40 to Non-members, American Alliance for Health, Physical Education, Recreation, and Dance, 1900 Association Drive, Reston, VA 22091, 703-476-3400.

Rowing USA. Bimonthly \$25, The U.S. Rowing Association, No. 4 Boathouse Row, Philadelphia, PA 19130, 215-769-2068.

Runner. Monthly \$18, Zeff-Davis Publishing Co., Consumer Division, One Park Avenue, New York, NY 10016, 212-725-4244.

Runner's World. Monthly \$19.95, Runner's World Magazine Co., Inc., 1400 Stierlen Road, Mountain View, CA 94043, 415-965-8777.

Running and Fitness. Bimonthly \$20, American Running and Fitness Association, 2420 K Street NW, Washington, DC 20007.

Sailboard News. Monthly \$8, Sports Inc. Magazines, 85 Main Street, Box 159, Fair Haven, VT 05743, 802-265-8153.

- * Scholastic Coach. 10 Issues August-May \$11.50, Scholastic Inc., 730 Broadway, New York, NY 10003, 212-505-3000.

Scuba Times. Bimonthly \$13, Poserdon Publishing Co., 147 Drew Circle, Pensacola, FL 32503, 904-478-5288.

Skate. Quarterly \$5, Roller Skating Rink Operators Association, U.S. Amateur Confederation of Roller Skating, 7700 "A" Street, Box 81846, Lincoln, NE 68510, 402-489-8811.

Skating. 10 Issues \$12, U.S. Figure Skating Association, 20 First Street, Colorado Springs, CO 80906, 303-635-5200.

Ski. 8 Issues \$11.94, Times-Mirror Magazines Inc., 380 Madison Avenue, New York, NY 10017, 212-687-3000.

Ski America. Quarterly \$5, Ski America Enterprises, Box 1140, Pittsfield, MA 01202, 413-442-6952.

Ski X-C. Annually \$3.95, Ziff-Davis Publishing Co., Ski X-C, One Park Avenue, New York, NY 10006, 212-725-3473.

Skiing. Monthly September-March \$9.98, Ziff-Davis Publishing Co., Consumer Division, 1 Park Avenue, New York, NY 10016, 212-725-3800.

Soccer America. 50 Issues \$28, Clayton G. Berling, Box 23704, Oakland, CA 94623, 415-524-4804.

Soccer Digest. Bimonthly \$7.95, Century Publishing Co., 1020 Church Street, Evanston, IL 60201, 312-491-6440.

Soccer Journal. 6 Issues with Membership, National Soccer Coaches Association of America, West Gymnasium, SUNY-Binghamton, Binghamton, NY 13901, 607-798-2133.

Soccer Monthly. Monthly \$7.50, Spencer Marketing Services, 370 Lexington Avenue, New York, NY 10017, 212-679-1060.

SPIN Magazine. (Table Tennis) 10 Issues \$12, United States Table Tennis Association, 1750 E. Boulder Street, Colorado Springs, CO 80905, 303-632-5551.

Sport. Monthly \$12, Sports Media Corp., 119 W. 40th Street, New York, NY 10018.

Sport Scene. Quarterly \$16, North American Youth Sport Institute, 4985 Oak Garden Drive, Kernersville, NC 27284, 919-784-4926.

Sport Fitness. Monthly \$26.50, 21100 Erwin Street, Woodland Hills, CA 91312 818-884-6800.

Sport World. Bimonthly \$4.50, Reese Communication Inc., 460 W. 34th Street, New York, NY 10001, 212-947-6500.

Sporting News. Weekly \$45, Sporting News Publishing Co., 1212 N. Lindbergh Blvd., Box 56, St. Louis, MO 63166, 314-997-7111.

Sports Illustrated. Weekly \$45, Time Inc., Time and Life Building, New York, NY 10020, 212-586-1212.

* Sports Medicine. Bimonthly \$110, ADIS Press International, 401 South State Street, Newtown, PA 18940.

Sports n' Spokes: Wheelchair Sports and Recreation. Bimonthly \$6, PVA Publications, 5201 N. 19th Avenue, Suite 111, Phoenix, AZ 85015, 602-246-9426.

Starlights. Monthly \$5, International Star Class Yacht Racing Association, 1545 Waukegan Road, Glenview, IL 60025, 312-729-0630.

Starting Line Magazine. (Youth Track and Field) 4 Issues \$9, Box 878, Reseda, CA 91335, 213-462-4350.

Strength and Health Magazine. Bimonthly \$7.50, Strength and Health Publishing Co., Box 1707, York, PA 17405, 717-767-6481.

Student Skier. 4 Issues September-June \$2.50, Students Ski Association, 1200 Post Road E., Westport CT 06880, 203-227-8764.

Susquehannock Hiker. Annually \$2, Susquehannock Trail Club, c/o Club Secretary, RD 6, No. 1, Ulysses, PA 16948, 814-435-2496.

Swim, Swim Magazine. (Swim for Fitness) Quarterly \$12, Swim, Swim, Inc., P.O. Box 5901, Santa Monica, CA 90405, 213-483-1271.

* Swimming Technique. Quarterly \$10, Swimming World, Inc., Box 45497, Los Angeles, CA 90045, 213-641-2727.

Swimming World and Junior Swimmer. Monthly \$16, Swimming World, Inc., Box 45497, Los Angeles, CA 90045, 213-641-2727.

Table Tennis Topics. 10 Issues \$10, U.S. Table Tennis Association, Olympic House, 1750 E. Boulder Street, Colorado Springs, CO 80909, 303-632-5551.

Tennis Magazine. Monthly \$13.95, Golf Digest-Tennis, Inc., 495 Westport Avenue, Box 5350, Norwalk, CT 06856, 203-847-5811.

Tennis Week. 30 Issues \$12, Tennis News Inc., 1107 Broadway, New York, NY 10010, 212-741-2323.

* Texas Coach. (Coaching for all sports) 9 Issues \$10, Texas High School Coaches Association, 5300 N. IH 35, P.O. Box 14627, Austin, TX 78761, 512-454-6709.

Total Fitness. Bimonthly \$12, 15115 S. 76 E. Avenue, Bixby, OK 74008, 918-366-4441.

Track and Field News. Monthly \$19.50, Track and Field News, Inc., Box 296, Los Altos, CA 94022, 415-948-8188.

* Track Technique. Quarterly \$6.50, Track and Field News, Inc., Box 296, Los Altos, CA 94022.

U.S. Archer, The. Bimonthly \$12.50, 7315 North San Anna Drive, Tucson, AZ 85704.

Volleyball Magazine. Bimonthly \$9, 840 N. Buck Street, Santa Anna, CA 92701, 714-957-3249.

Volleyball Technical Journal. Triannually \$15, Canadian Volleyball Association, 333 River Rd., Vanier, Ontario, K1L 8B9, Canada.

- * Women's Coaching Clinic. 10 Issues \$28, Princeton Educational Publications, ON 5245, Princeton, NJ 08540, 609-924-9320.

Women's Sports and Fitness. Monthly \$12, Women's Sports Publications Inc., 310 Town and County Village, Palo Alto, CA 94301, 415-321-5102.

Women's Track World. 10 Issues \$14, Box 4092, Riverside, CA 92514.

World Tennis. Monthly \$15.94, CBS, 3807 Wilshire Blvd., Suite 1204, Los Angeles, CA 90010.

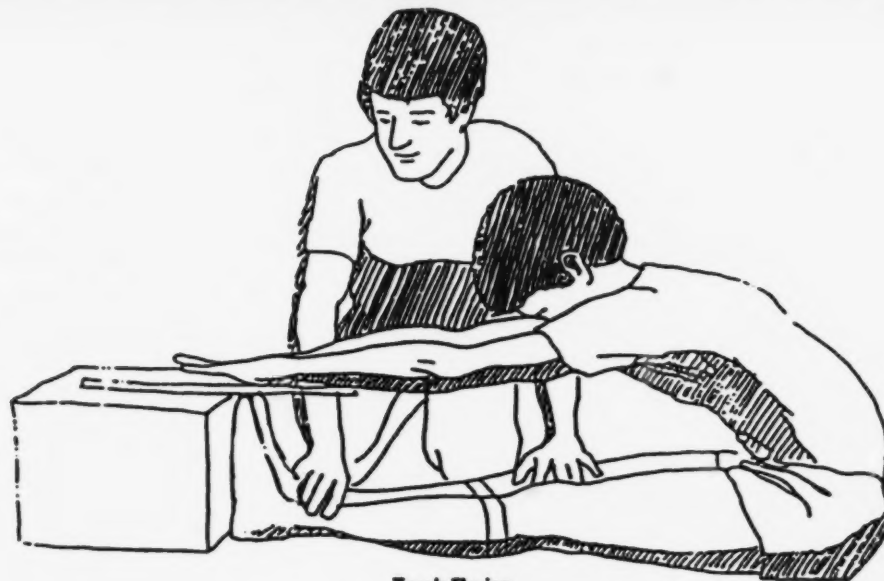
Wrestling USA. 12 Issues \$17, Box 128, Bozeman, MT 59717.

X-Country Skier. Quarterly \$3.50, Circle Publications, Inc., Charnin Bldg., Room 1749, 122 E. 42nd Street, New York, NY 10017.

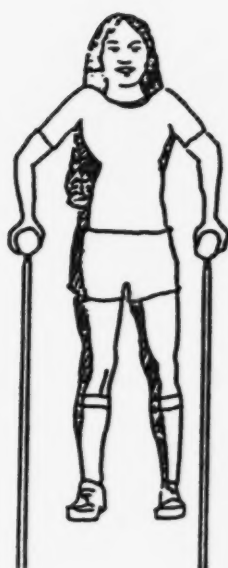
UABA World. (Bowling for Boys and Girls) Monthly \$2.50, Young America Bowling Alliance, 5301 S. 76th St., Greendale, WI 53129, 414-421-6400

- * Your Health and Fitness. Bimonthly (n.p.), Curriculum Innovations Inc., 3500 Destern Ave., Highland Park, IL 60035.

Your Life and Health. Monthly \$18.95, Review and Herald Publishing Association, 55 West Oak Ridge Drive, Hagerstown, MD 21740, 301-791-7000.



Trunk Flexion



PART V

PHYSICAL EDUCATION RELATED ASSOCIATIONS



Part V

A. Physical Education Related Associations

The following is a list of membership and non-membership associations related to physical education or education in general, which may serve as resources for information or materials. Following the name of the association is information relating to the type of membership, purpose of the association, and its publications. No association dedicated to just one specific sport is included unless it is related to coaching. Additional references can be found in the Encyclopedia of Associations from which the following listings were obtained (Denise Sakey, Editor. Detroit, MI: Gale Research Company. 1985.).

Academy for the Psychology of Sports International (APSI), c/o William J. Beausay, Ph.D., 2062 Arlington Avenue, Toledo, OH 43609, 419-381-0044.

To advance responsible and serious research on the function of psychology in competitive sports and athletics; to promote the development and improvement of methodologies for the study of psychology in sports and of the importance of its study; to increase public understanding of the function of psychology in sports; to facilitate communication and cooperation among organizations and individuals interested in psychology in relation to competitive sports. Conducts seminars and clinics. Serves as a clearinghouse for information. Maintains speakers' bureau, operates a 4,000 volume library, and compiles statistics.

Amateur Athletes Union of the U.S. (AAU/USA), 3400 W. 86th Street, Indianapolis, IN 46268, 317-872-2900.

To establish, develop, and implement a comprehensive youth sports program for athletes ages 8 to 18. Offers activities in 22 sports and conducts local, association (by state divisions), regional, and national championships. Bestows more than 300,000 awards. Sponsors clinics, training camps, and officials' clinics. Makes films available; compiles statistics; conducts charitable and specialized education programs.

Publications: Junior Olympic Handbook, Annually; also publishes informational AAU newsletter and sports manuals.

American Academy of Physical Education (AAPE), 110 Cooke Hall, School of Physical Education, University of Minnesota, Minneapolis, MN 55455, 612-373-4222.

Honorary organization of physical education leaders. Limited to 125 active members.

To encourage and promote the study and educational applications of the art and science of human movement and physical activity; to honor persons who have made significant contributions to the art. Examines and promotes action in the improvement of existing physical education programs.

Publications: The Academy Papers, Annually; also publishes position statements and studies.

American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD). 1900 Association Dr., Reston, VA 22091, 703-476-3400.

Students and educators in physical education, dance, health, athletics, safety education, recreation, and outdoor education.

To improve its fields of education at all levels through such services as consultation, periodicals and special publications, leadership development determination of standards, and research.

Publications: (1) Journal of Physical Education, Recreation, and Dance, 9/Year; (2) Update, 9/Year; (3) Health Education, 6/Year; (4) Physical and Sport Education Review, 6/year; (5) Research Quarterly; (6) Leisure Today, 2/Year; (7) News Kit on Programs for the Aging (feature of Update), Semiannually. Also publishes manuals and handbooks through Sports Library for Girls and Women.

American Athletic Trainers Association and Certification Board (AATACB). 660 W. Duarte Rd., Arcadia, CA 91006, 213-445-1978.

To qualify and certify active athletic trainers; to establish minimum competence standards for individuals participating in the prevention and care of athletic injuries; to inform communities nationwide of the importance of having competent leadership in the area of athletic training. Conducts continuing education and charitable programs.

Publications: (1) Newsletter, Quarterly; (2) Chapter Presidents' Testing Biennially; (3) Special Bulletin, Irregularly. Also publishes brochure.

American Education Association. 663 Fifth Ave., New York, NY 10022.

Teachers, parents, and others interested in American education.

Conducts research on curriculum, textbooks, methods, and evaluation.

Publications: Educational Signposts.

American Education Studies Association. Department of ELPE, School of Education, North Carolina State University, Raleigh, NC 27650.

Teachers and researchers concerned with the comprehensive view of education including the underlying philosophy, history, sociology, and psychology of education.

Encourages research and the improvement of teaching in the areas of philosophy, history, sociology, and psychology of education.

Publications: Educational Studies, Quarterly; Newsletter, Quarterly.

American Football Coaches Association (AFCA). 7758 Wallace Road, Suite 10, Orlando, FL 32819, 305-351-6113.

College, university, professional, junior college, and high school football coaches.

Presents awards to Coach of the Year; selects all-American team; bestows honorary membership and Stagg Award.

Publications: (1) Directory, Annually; (2) Proceedings, Annually; (3) Summer Manual, Annually.

American Sports Education Institute (ASEI). 200 Castlewood Drive, North Palm Beach, FL 33408, 305-842-3600.

Actively promotes amateur sports and physical education at all levels throughout the U.S. Sponsors Boosters Club of America, a national network of local sports boosters clubs. Bestows awards; maintains speakers bureau.

Publications: Booster, 8/year; also publishes Complete Guide to Successful Fund-Raising, Official Baseball Fund-Raiser's Guide, and Official Fund-Raiser's Guide.

Athletic Equipment Managers Association (AEMA). 723 Keil Court, Bowling Green, OH 43402, 419-352-1207.

Athletic equipment managers and others who handle sports equipment for junior high and high schools, colleges, recreation centers, and professional sports; individuals involved in the coaching of athletics and the management, handling, and purchasing of physical education activity equipment.

To improve the profession of equipment management; to promote a better working relationship among those interested in problems of management; to work collectively to facilitate equipment improvement for greater safety among participants in all sports. Conducts workshops and clinics.

Publications: Newsletter, Quarterly.

Athletic Training Council (ATC). c/o NAGWS, 1900 Association Drive, Reston, VA 22091, 703-476-3450.

Members of the National Association for Girls and Women in Sport of the American Alliance for Health, Physical Education, Recreation, and Dance who are involved in or interested in the profession of athletic training.

To prepare and disseminate information concerning the profession; to provide for coordination of activities in athletic training; and to develop standards concerning the welfare of the female athlete competing in interscholastic and intercollegiate events.

Publications: (1) Directory, Annually; (2) Newsletter, Irregularly. Has published workbook entitled Fundamentals of Athletic Training for Women.

Association for Research, Administration, Professional Councils, and Societies (ARAPCS). c/o AAHPERD 1900 Association Drive, Reston, VA 22091, 703-476-3430.

Members of the American Alliance of Health, Physical Education, Recreation, and Dance who are also members of one or more councils of ARAPCS.

To coordinate and support the activities of professional groups concerned with physical education; to encourage and promote research activities of AAHPERD; to provide guidance, leadership, and a governing structure for student members; to promote flexibility in serving the varied professional interests of AAHPERD by providing opportunity for the growth of new and continuing professional interest groups.

Publications: (1) Directions, 3/Year; (2) Outdoor Education Newsletter, Semiannually; (3) SAC News PAC, Semiannually.

Association for Supervision and Curriculum Development. 225 N. Washington Street, Alexandria, VA 22314, 703-549-9110.

Professional organization of supervisors, curriculum coordinators, directors of curriculum, consultants, classroom teachers, principals, superintendents, and others interested in school improvement at any level of education.

Provides professional development in curriculum and supervision; disseminates information; encourages research, evaluation, and theory development.

Publications: Educational Leadership, 8/Year; Yearbook; Newsletter and Booklets.

Center for Athletes' Rights and Education (C.A.R.E.). 834 E. 156th Street, Bronx, NY 10455, 212-665-6811.

Colleges and universities; athletes, lawyers, teachers, school administrators, and others concerned with the fair treatment of athletes.

To protect athletes from recruiting abuses, racial and sexual discrimination, and all medical, legal, and educational violations of athletes' rights. Works to provide high school athletes and their families with reliable information about recruiting practices and the relative merits of different athletic programs; provides high school athletes with a checklist to evaluate schools that recruit them. Seeks equal athletic opportunities for women and minorities.

Publications: Athletes' Rights Bulletin, 3/Year.

Center for Women and Sport (CWS). White Building, University Park, PA 16802, 814-865-7591.

Research center established to contract and promote research on females who are involved in exercise and sports programs and to acquire monies to conduct research on women in sports.

Publications: None

Educational Development Corporation. (Curriculum), 2704 Valley Springs Road,
Austin, TX 78746, 512-476-5419.

Not a membership organization.

To develop educational curriculum and instruments; evaluation of programs and methods; testing and classification of groups; assisting with planning and programming. Maintains 300 volume reference library.

Publications: None

High-Scope Educational Research Foundation. (Curriculum), 600 N. River
Street, Ypsilanti, MI 48197, 313-485-2000.

To develop practical alternatives to the traditional methods of educating children and training teachers. Engages in curriculum development for Pre-K-12; conducts workshops and seminars.

Publications: High/Scope Resource, Irregular; also books, monographs, articles, and papers. Produces films and filmstrips.

Institute of Athletic Motivation. 951 Mariner's Island Blvd., San Mateo,
CA 94404, 415-571-7711.

Originated by sports psychologists to enhance the performance of athletes in competitive and recreational sports. To enable coaches to better understand and coach athletes and to provide athletes with self-knowledge for self-improvement and development. Prepares reports on athletic attitudes of athletes based on results of Athletic Motivation Inventory, a written questionnaire prepared specifically for sports to measure 11 traits related to success. Markets the program to high schools, colleges, amateur athletes, professional teams, and recreational athletes.

Publications: None

International Association of Physical Education and Sport for Girls and Women (IAPESGW). Division of Human and Community Resources, University of Maryland, College Park, MD 20742, 301-454-4146.

International federation of organizations with an interest in physical education for girls and women.

To bring together women of many countries working in the field of physical education and sport; to cooperate with other organizations encouraging the particular services of women to society; to promote activity in such fields as the exchange of persons and ideas between member countries and research into problems affecting physical education and sports for women.

Publications: Report following Congresses, Quadrennially.

International Committee of Sports for the Deaf (CISS), Gallaudet College,
Washington, DC 20002, 202-651-5114.

Seeks to promote and develop physical education in general, and the practice of sports in particular, among the deaf; encourages friendly relations between countries with programs in silent sports and the formation of silent sports programs in countries not yet participating.

Publications: (1) Bulletin, Quarterly; (2) Handbook, Irregularly.

International Council for Health, Physical Education, and Recreation (ICHPER), 1900 Association Drive, Reston, VA 22091, 703-476-3462.

Government groups and professional organizations concerned with programs, policies, and the educational aspects of health, physical education, sports and recreation; institutions of higher education; libraries.

Serves as a clearinghouse for exchange of information and ideas. Sponsors consultations, conferences, seminars, and world congresses. Prepares exhibits of books, photographs, films, pictures, and other materials; collects statistics.

Publications: (1) International Journal of Physical Education, Quarterly; (2) Congress Proceedings, Biennially; publishes, with UNESCO, project reports on physical education and games in the curriculum, teacher preparation for physical education, and status of teachers of physical education.

National Association for Disabled Athletes (NADA), 80 Huguenot Avenue,
Suite 11-B, Englewood, NJ 07631, 201-569-6627.

Individuals dedicated to promoting sports safety and assisting amateur and professional athletes who have become disabled as a result of athletic injuries.

To help the disabled athlete regain his or her sense of self-worth and insure that all disabled athletes have a chance to contribute on a meaningful and productive level regardless of the severity of the physical handicap. Provides family counseling, educational and vocational guidance, and assistance in health care and education expenses. Conducts community awareness programs and seminars for coaches to help reduce the number of athletic injuries. Sponsors studies on every level of sports to develop safer equipment for amateur and professional athletes; produces and distributes sports medicine television programs. Maintains computerized referral service with information for the disabled athlete and his/her family.

Publications: Plans to publish monthly newsletter.

National Association for Girls and Women in Sport (NAGWS). 1900
Association Drive, Reston, VA 22091, 703-476-3450.

Professionals, including teachers, coaches, athletic trainers, officials, athletic administrators, and students.

To support and foster the development of quality sports programs that will enrich the lives of all participants. Sponsors coaches clinics; holds seminars and training sessions.

Publications: (1) Physical and Sport Education Review, 6/Year; (2) Newsletter, Quarterly; (3) Guides and Rulebooks, Annually; also publishes Black Women in Sports (handbook), and other related books.

National Association for Sport and Physical Education (NASPE). 1900
Association Drive, Reston, VA 22091, 703-476-3410.

Men and women professionally involved with physical education and sports (elementary, secondary, and college physical educators, administrators, coaches, athletic trainers, intramural people, students, officials, youth sport directors, athletic directors, theoreticians, and researchers).

To improve the total sport and physical education experience in America. Conducts research and education programs in such areas as sport psychology, curriculum development, kinesiology, history, philosophy, sport sociology, and the biological and behavioral basis of human activity. Develops and distributes public information materials. Organizes and administers sports programs and serves the professional interests of coaches, trainers, and officials. Maintains media resource center for public information and professional preparation. Academies include: Adapted Physical Education; Curriculum and Philosophy of Sport and PE. Councils include: Elementary and Secondary PE Administrators; Elementary School Physical Education; and Secondary School Physical Education.

Publications: (1) Journal of Physical Education and Recreation, 9/Year; (2) Physical and Sport Education Review, 6/year; (3) Update, 9/year; (4) The Athletic Director, 6/Year; (5) News, Annually; also publishes numerous books, manuals, and audiovisual aids.

National Association of Sports for Cerebral Palsied (NASCP). 66 E. 34th
Street, New York, NY 10016, 212-481-6359.

Persons competing in, supporting, and organizing sports for the cerebral palsied. Motto is "Sports by Ability, Not Disability."

To initiate, stimulate, and promote the growth and development of sports for the cerebral palsied and multiply disabled. Cooperates with other sports organizations for the disabled in promoting and conducting national and international athletic events and competitive sports for the disabled and establishes standards whereby cerebral palsied athletes can maintain their athletic activities on a high level. Provides consultation services and maintains data bases.

Publications: (1) Sportsline (newsletter), Monthly; (2) Cerebral Palsied Sports Training Manual, Annually; (3) Sports Manual, Triennially; also publishes Sports and Rules Manual, a training guide on all aspects of sports for the cerebral palsied.

National Association of Sports Officials (NASO), 1700 N. Main Street, 2nd Fl., Racine, WI 53402, 414-632-5448.

Active sports officials, umpires, companies, and individuals interested in sports.

Develops programs to assist in the education of sports officials; engages in programs to instruct fans, coaches, players, and the media on the role of sports officials. Conducts clinics and camps; sponsors public service ads. Maintains hotline at (414)632-5949.

Publications: (1) News, Monthly; (2) Referee (magazine), Monthly; also produces cassettes and audiovisual materials.

National Athletic Trainers Association (NATA), P.O. Drawer 1865, Greenville, NC 27834, 919-752-1725.

Athletic trainers from universities, colleges, and junior colleges; professional football, baseball, basketball, and ice hockey; high schools, preparatory schools, and military establishments.

Maintains biographical archives and placement service. Presents scholarships; conducts research programs; compiles statistics.

Publications: Athletic Training Journal of the NATA, Quarterly.

National Coaches Council (NCC), c/o National Association for Girls and Women in Sport, 1900 Association Drive, Reston, VA 22091, 703-476-3450.

Division of the National Association for Girls and Women in Sport. Coaches of girls' or women's sports; interested individuals.

Provides leadership at the national level and assists groups desiring to establish state associations of coaches of girls' and women's sports. Stresses the need for qualified coaches. Based on the idea that competitive programs for girls and women have particular goals and problems which are not necessarily identical with those emphasized in the traditionally male-oriented organizations. Coordinates activities of eleven academies, each related to one particular sport.

Publications: Newsletter, Semiannual; also publishes each academy's newsletter.

National Council of Secondary School Athletic Directors (NCSSAD), 1900 Association Drive, Reston, VA 22091, 703-476-3410.

A council of the National Association for Sport and Physical Education which is a division of the American Alliance for Health, Physical Education, Recreation, and Dance. Professional athletic directors in secondary schools.

To improve the educational aspects of interscholastic athletics; to provide for idea exchange; establish closer working relationships with related professional groups and promote greater unity; establish and implement standards for the professional preparation of secondary athletic directors. Provides in-service training; maintains speakers' bureau; conducts regional conferences.

Publications: Athletic Director Newsletter, Bimonthly; also publishes pamphlets and books.

National Federation Interscholastic Coaches Association (NFICA). P.O. Box 20626, 11724 Plaza Circle, Kansas City, MO 64195, 816-464-5400.

High school athletic coaches.

To promote the professional growth and image of interscholastic sports coaches; to provide a forum for coaches to make suggestions on rules and procedures in high school sports in the U.S. Cooperates with state associations and utilizes extensive committee structure to insure grass roots involvement and input from the local, state, and national levels.

Publications: News, Monthly (except July and August).

National Federation Interscholastic Officials Association (NFIOA). P.O. Box 20626, 11724 Plaza Circle, Kansas City, MO 64195, 816-464-5400.

High school, youth league, and college sports officials.

To promote the professional growth and image of interscholastic sports officials. Provides a forum for officials to make suggestions on rules and procedures in high school sports in the U.S. Cooperates with state associations and utilizes extensive committee structure to insure grass roots involvement and input from the local, state, and national levels.

Publications: News, Monthly (except July and August).

National Federation of State High School Associations (NFSHA). P.O. Box 20626, 11724 Plaza Circle, Kansas City, MO 64195, 816-464-5400.

Federation of high school athletic activities associations.

To protect and supervise the interstate athletic, speech, and musical interests of high schools and coordinate the activities of state associations. Maintains national press service and official sports film service. Sponsors experimentation and testing program for sports equipment. Establishes and annually publishes rules and officials' training materials.

Publications: (1) Interscholastic Athletic Administrator, 10/Year (2) National Federation News, 6/Year; (3) Annual Athletic Director Meeting Proceedings; (4) Handbook and Directory, Annually; (5) National High School Sports Records Book, Annually.

National Handicapped Sports and Recreation Association (NHSRA). P.O. Box 33141, Farragut Station, Washington, DC 20033, 202-429-0595.

Physically handicapped persons who are interested in participating in all kinds of sports.

To provide handicapped persons an opportunity to experience sports and participatory recreational activities.

Publications: (1) Sports Report (tabloid), 3/Year (2) Nationals (magazine), Annually. Also publishes Adaptive Ski Manual and Adaptive Ski Certification Manual.

National High School Athletic Coaches Association (NHSACA). 3423 E. Silver Springs Blvd., Suite 9, Ocala, FL 32670, 904-622-3660.

High school coaches and athletic directors; athletic directors for school systems; executive secretaries of state high school coaches; and state high school coaches associations.

To give "greater national prestige and professional status" to high school coaching and to promote cooperation among coaches, school administrators, the press, game officials, and the public. Maintains National Awards Program to recognize outstanding high school athletic directors, coaches, and players.

Publications: National Coach, 3/Year.

National Interscholastic Athletic Administrators Association (NIAAA). Box 20626, 11724 Plaza Circle, Kansas City, MO 64195, 816-464-5400.

High school athletic directors, girls' sports coordinators, and school administrators.

Promotes the professional growth and image of interscholastic athletic administrators and state programs. Preserves educational value of athletics and the place of these programs in the school curriculum.

Publications: (1) Interscholastic Athletic Administration, Quarterly; (2) National Conference Proceedings, Annually; (3) State Athletic Director Association (directory), Annually; also publishes speakers directory.

National Intramural-Recreational Sports Association (NIRSA). Dixon Recreation Center, Oregon State University, Corvallis, OR 97331, 503-754-3736.

To promote and encourage the growth and development of intramural and recreational programs on all educational levels; to serve as a medium for the publication of research papers on intramurals and recreation; and to work in close cooperation with allied organizations in health, physical education, and recreation. Conducts state and regional workshops. Maintains media center. Conducts development and certification program.

Publications: (1) Newsletter, Quarterly; (2) Journal, 3/Year; (3) Directory, Annually; (4) Proceedings, Annually.

National Strength and Conditioning Association (NSCA). P.O. Box 81410,
Lincoln, NE 68501, 402-472-3000.

Professional coaches, athletic trainers, physical therapists, sports medicine physicians, and sports science researchers.

Promotes the total conditioning of athletes to a level of optimum performance, with the belief that a better conditioned athlete not only performs better but is less prone to injury. Funds private research projects and offers scholarships.

Publications: (1) Bulletin, Monthly.

North American Society for the Psychology of Sport and Physical Activity (NASPSPA). School of HPER, University of Tennessee, Knoxville, TN 37996, 615-974-5111.

Psychologists, psychiatrists, and physical educators.

Promotes scientific research and relations within the behavioral sciences with an application to sports psychology, motor learning, control, and development through meetings, investigations, and other activities.

Publications: (1) Newsletter, 3/Year; (2) Psychology of Motor Behavior, Annually.

Organization of Athletic Administrators (OAA). c/o National Association for Girls and Women in Sport, 1900 Association Drive, Reston, VA 22091, 703-476-3450.

High school, college, and university women athletic directors.

To provide support services and encouragement for women athletic administrators. Offers representation to national governing groups; facilitates the exchange of information among athletic administrators. Sponsors clinics and workshops on leadership training.

Publications: (1) Newsletter, Semiannually; (2) Directory, Biennially; also publishes rule guides and research reports.

Special Olympics (SO). 1701 K St., N.W., Suite 203, Washington, DC 20006, 202-331-1346.

Created and sponsored by the Joseph P. Kennedy, Jr. Foundation to promote physical fitness, sports training, and athletic competition for retarded children and adults. Seeks to contribute to the physical, social, and psychological development of the mentally retarded. Materials are available on the organization of programs and participation of athletes. Presents annual awards for service to program through sports. Maintains speakers' bureau; compiles statistics; sponsors research programs.

Publications: (1) Newsletter (restricted circulation), Quarterly; (2) List of Chapter and National Directors, Annually; also publishes informational brochures, guides, instructional manuals, and a list of state programs.

Sports for the People (SP), 834 E. 156th Street, Bronx, NY 10455, 212-665-6811.

Educators, athletes, senior citizens; affiliated sports clubs and civic organizations.

Dedicated to the belief that "sports should be a right for everyone regardless of age, race, sex, or economic status." Organizes community sports centers; advocates and lobbies for school recreation centers; fights for athletes' rights. Demonstrates to community organizations the need for a comprehensive community recreation policy. Designs plans and writes legislation that will assist women in their efforts to fully participate in sports. Developed Center for Athletes' Rights and Education. Conducts seminars; maintains speakers bureau.

Publications: (1) Not for Profit, Biweekly; (2) The Game Plan, Semiannually; has also published Thought for Food (series of health food recipes).

U.S. Association for Blind Athletes (USABA), 55 W. California Avenue, Beach Haven, NJ 08008, 609-492-1017.

Visually impaired athletes; fully sighted physical educators, coaches, special education teachers.

"To develop individual independence through athletic competition without unnecessary restrictions." Promotes sports for the blind and visually impaired. Sponsors coaches' training, seminars, panel discussions, and training groups. Bestows awards; offers children's services, and compiles statistics. Maintains data bases.

Publications: (1) Newsletter, 3/Year; (2) Annual Handbook; also publishes programs, journals, and grant proposals.

Women's Sports Foundation (WSF), 195 Moulton Street, San Francisco, CA 94132, 415-563-6266.

Institutions and individuals interested in providing opportunities, facilities, and training for women in sports.

Encourages and supports the participation of women in sports activities for their health, enjoyment, and development; educates the public on women's athletic opportunities and the value of sports for them. Developed educational guide; provides sport camp scholarships; and supports the enforcement of the Title IX amendments of the 1972 Equal Education Act and the Amateur Sports Act. Sponsors an information and resource clearinghouse on women's sports and provides toll-free number 800-227-3988. Has developed films for free distribution.

Publications: (1) Women's Sports, Monthly; (2) Career Guide, Annually; (3) College Scholarship Guide, Annually; (4) Sport Camp Guide.

Part V

B. Selected Maryland Resource Agencies, Associations, and Four-Year Physical Education Teacher Preparation Institutions

American Heart Association. Maryland Affiliate, Inc., P.O. Box 17025, 415 N. Charles St., Baltimore, MD 21203, 301-685-7074.

Contact: Ms Amy Evans, Development Associate-Special Events.

Produces educational materials and displays for all ages on health and fitness. Co-sponsors "Jump Rope for Heart" with American Alliance for Health, Physical Education, Recreation, and Dance. Provides schools with informational packets and awards.

Boating Safety Office. Natural Resources Police, Maryland Department of Natural Resources, Tawes State Office Building, Basement, 580 Taylor Avenue, Annapolis, MD 21401, 301-269-2247.

Contact: Sgt. Louis W. Ritter

Provides consultant services and some educational materials in regard to boating and water safety. Advises school systems and other groups wishing to implement or maintain boating education programs.

Council of Maryland Directors and Supervisors of Physical Education (CMDOSPE). c/o Physical Education Office, Montgomery County Public Schools, 850 Hungerford Drive, Rockville, MD 20850, 301-279-3146.

Contact: Mr. William Kyle, Chair, 1985-87.

Conducts fall and spring meetings to discuss trends, issues, and accomplishments in the field at all levels with emphasis on local implications. Facilitates a networking among physical education curricular and supervisory leaders within the state. Provides technical assistance to its members. Publishes minutes and a newsletter as needed. Produced Goals and Evaluative Criteria for Physical Education in 1975. Aids in the selection of exemplary K-12 programs in the subject area.

Maryland Association for Health, Physical Education, Recreation, and Dance (MAHPERD). c/o Towson Center, Room 200, Towson State University, Towson, MD 21204, 301-321-3163.

Offers membership to and serves present or future professionals in the fields listed in its title, as well as officials, coaches, and others involved in allied programs. Conducts an annual convention and periodic workshops. Publishes the Maryland Journal for HPERD, a newsletter as needed, and pamphlets. Assists in the selection of exemplary K-12 physical education programs and helps fund other worthy educational projects.

Maryland Commission on Physical Fitness. 201 West Preston Street, Room 100B, Baltimore, MD 21201, 301-225-5888.

Contact: Ms Linda Vanderhoff, Executive Director.

Provides Project Superfit materials to educators upon request. Free materials include a teacher's fitness test manual; student awards for excellence and improvement; sample class and individual scorecards; and reports to parents. Activity booklet is being prepared. Skinfold calipers for testing and computer software for recording and printing Superfit records are available at low cost. Conducts workshops and publishes literature on fitness topics for Pre-K to adult populations. Produced a State Physical Fitness Resource Directory. Assists in the selection of outstanding 5-12 physical education programs. Serves as the official state affiliate of the President's Council on Physical Fitness and Sports.

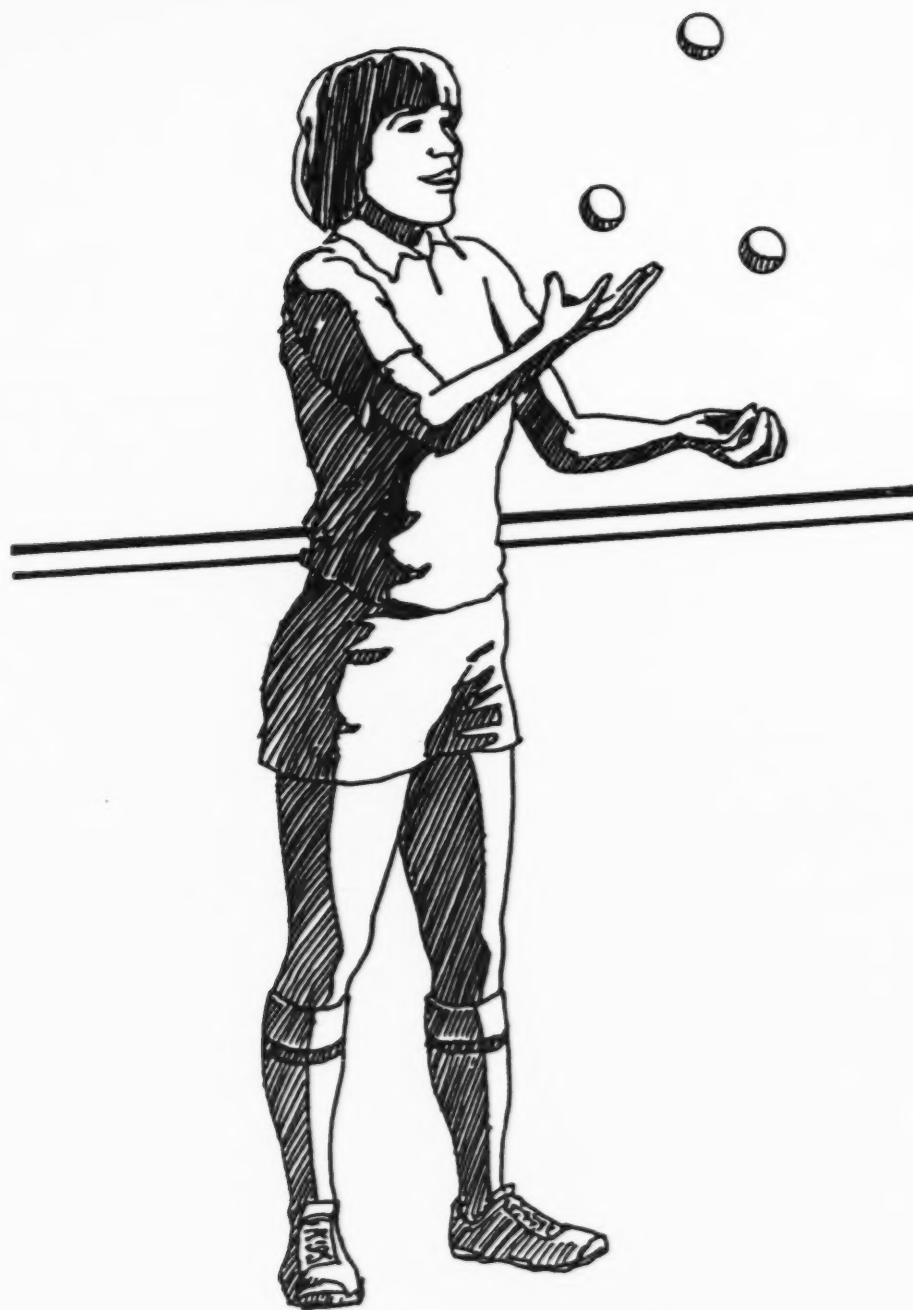
Maryland Council for Dance. Washington College, Chestertown, MD 21620, 301-778-2800.

Contact: Karen Lynn Smith.

Conducts surveys, as needed, to determine the state of the art and state dance workshops annually for students of varied skill levels. Publishes a newsletter which highlights dance events and opportunities in the state and nearby areas. Provides a forum for discussion of dance issues and topics of interest to members. An excellent source for obtaining recommended clinicians or consultants for dance education purposes.

Physical Education Teacher Preparation Four-Year Institutions:

Bowie State College, Bowie, MD 20715, 464-3000
Columbia Union College, Takoma Park, MD 20912, 270-9200
Coppin State College, 2500 North Avenue, Baltimore, MD 21216, 383-4500
Frostburg State College, Frostburg, MD 21532, 689-4000
Morgan State University, Coldspring Lane and Hillen Road, Baltimore, MD 21239, 444-3333
Salisbury State College, Salisbury, MD 21801, 543-6000
Towson State University, Towson Center, Towson, MD 21204, 321-2376
University of Maryland, College Park North, PE Building, College Park, MD 20742, 454-2928
University of Maryland, Eastern Shore, Princess Anne, MD 21853, 651-2200
Western Maryland College, Westminster, MD 21157, 848-7000, Baltimore MD, 876-2055



PART VI
PUBLISHERS

Part VI

Publishers and Distributors

The following is a list of vendors for the resource materials identified in Parts I and III. When available, the phone number has also been included.

Academic Hallmarks
P.O. Box 998
Durango, CO 81301
303-247-8738

Addison-Wesley Publishing Company, Inc.
One Jacob Way
Reading, MA 01867
617-944-3700

Aims Instructional Media Services
626 Justin Avenue
Glendale, CA 91201

American Alliance Publications
P.O. Box 704
Waldorf, MD 20601

American Heart Association, Inc.
7320 Greenville Avenue
Dallas, TX 75231
214-750-5468

Anchor Press
(Division of Doubleday & Co., Inc.)
245 Park Avenue
New York, NY 10017

ARC Books
(Division of Prentice-Hall)
215 Park Avenue, South
New York, NY 10003

ARC Publishing, Inc.
P.O. Box 275
Bellmawr, NJ
609-933-0212

Aspen Systems Corporation
P.O. Box 6018
Gaithersburg, MD 20877
301-251-5000

Atheneum Publishers
597 Fifth Avenue
New York, NY 10017
212-486-2700

Athletic Institute, The
200 North Castlewold Drive
North Palm Beach, FL 33408

Avon Books
1790 Broadway
New York, NY 10019
212-399-4500

BFA Educational Media
2211 Michigan Avenue
Santa Monica, CA 90406

Beaufort Book Company
Box 1127
Beaufort, SC 29902
803-524-5172

Ben Oak Publishing Company
Box 474
Cape Girardeau, MO 63701

Bleecker Street Publishing Corporation
Teacher Resource Division
18 Koger Executive Center
P.O. Box 13066
Norfolk, VA 23506
804-461-1212

Brown, William C.
2460 Kerpu Boulevard
Dubuque, IA 52001
319-589-2822

Burgess Publishing Company
E. Dunn, Dept. 285
7108 OMS Lane
Minneapolis, MN 55435
612-831-1344

Cambridge University Press
32 E. 57th Street
New York, NY 10022
212-688-8888

Champion Films
Champion Video, Inc.
1721 W. Tenth Place
Tempe, AZ 85281

Children's Press
1224 W. Van Buren Street
Chicago, IL 60607
312-666-4200

Churchill
1560 Broadway
New York, NY 10036
212-921-0430

Clarion Books
(Division of Houghton, Mifflin)
2 Park Street
Boston, MA 02107
617-725-5000

Collier Books
866 Third Avenue
New York, NY 10022
212-935-2000

CompTech Systems Design
Box 516
Hastings, MN 55033
612-437-1350

Contemporary Books, Inc.
180 N. Michigan Avenue
Chicago, IL 60601
312-782-9181

Cornerstone Library, Inc.
Simon & Schuster, Inc.
1230 Avenue of the Americas
New York, NY 10020
212-245-6400

Coward, McMan & Geoghegan, Inc.
200 Madison Avenue
New York, NY 10016

Creative Education/Children's Press
123 S. Broad Street
P.O. Box 227
Mankato, MN 56001
507-388-6273

Crestwood House, Inc.
P.O. Box 3427
Mankato, MN 56001
507-388-1616

Crowell, Thomas Y., Company
10 E. 53rd Street
New York, NY 10022
212-593-3900

Dial Press
1 Dag Hammarskjöld Plaza
245 E. 47th Street
New York, NY 10017
212-832-7300

Dillon Press, Inc.
500 S. Third Street
Minneapolis, MN 55415
612-333-2691

Dodd Mead & Company
79 Madison Avenue
New York, NY 10016
212-685-6464

Dolphin Books
(Division of Doubleday & Company, Inc.)
245 Park Avenue
New York, NY 10017

Doubleday & Company, Inc.
245 Park Avenue
New York, NY 10017
212-953-4561

Dutton, E. P.
2 Park Avenue
New York, NY 10016
212-725-1818

Educational Activities, Inc.
P.O. Box 392
Freeport, NY 11520

EMC Corporation
300 York Avenue
St. Paul, MN 55101
612-771-1555

Enslow Publishers
Bloy Street and Ramsey Avenue
Box 777
Hillside, NJ 07205
201-964-4116

E. P. Publishers
East Ardsley
Wakefield, West Yorkshire England

ERIC Clearinghouse for Teacher Education
One Dupont Circle N.W.
Suite 610
Washington, DC
202-293-2450

Evans, M., and Company, Inc.
216 E. 49th Street
New York, NY 10017
212-688-2810

Facts on File, Inc.
460 Park Avenue South
New York, NY 10016
212-683-2244

Folkcraft Records
10 Fenwick Street
Newark, NJ 07114
201-243-8700

Folkways Records and Service Corporation
43 W. 61st Street
New York, NY 10023

Follett Publishing Company
1010 W. Washington Boulevard
Chicago, IL 60607
312-666-4300

Four Winds Press
(Division of Scholastic, Inc.)
730 Broadway
New York, NY 10003
212-505-3000

Garrard Publishing Company
29 Goldsborough Street
Easton, MD 21601
217-352-7685

Greene, Stephen, Press
Fessenden Road at Indian Flat
P.O. Box 1000
Brattleboro, VT 05301
802-257-7757

Greenwillow Books
105 Madison Avenue
New York, NY 10016

Guidance Associates
Box 3000
Communications Park
Mt. Kisco, NY 10549

Guinness Superlatives Limited
2 Cecil Court
London, Road
Enfield, Middlesex EN2-6DJ
and
Box 4007
Riverside, CA 92514

Hammond, Inc.
515 Valley Street
Maplewood, NJ 07040
201-763-6000

Harcourt, Brace, Jovanovich, Inc.
1250 Sixth Avenue
San Diego, CA 92101
619-231-6616

Harper & Row Publishers, Inc.
10 E. 53rd Street
New York, NY 10022
212-593-7000

Harvey House Publishers
20 Waterside Plaza
New York, NY 10010
212-889-9520

Hawthorn Books
(Division of E. P. Dutton)
2 Park Avenue
New York, NY 10016
212-725-1818

Hearst Books
224 W. 57th Street
Room 307
New York, NY 10019

Hearst Marine Books
(Division of Hearst Books)
224 W. 57th Street
Room 307
New York, NY 10019
212-889-3050

Heartbeat Enterprises
787 Oella Avenue
Ellicott City, MD 21043
301-461-5867

Holiday House, Inc.
18 E. 53rd Street
New York, NY 10022
212-688-0085

Holt Rinehart & Winston, Inc.
1225 Forest Avenue
Evanston, IL 60202
312-475-4573

Houghton Mifflin Company
2 Park Street
Boston, MS 02107
617-725-5000

Human Kinetics Publishers, Inc.
Box 5076K
Champaign, IL 61820
217-351-5076

Indiana University
Tenth and Mortons Street
Bloomington, IN 47405
812-335-8287

Jugglebug
7506J Olympic View Drive
Edmonds, WA 98020
1-800-523-1776

Kimbo Educational
P.O. Box 477-86
South Fifth Avenue
Long Branch, NJ 07740

Illinois State Board of Education
Old State Capitol
Springfield, IL 62701
217-782-4836

Knopf, Alfred A., Inc.
(Division of Random House, Inc.)
201 E. 50th Street
New York, NY 10022
212-757-2600

Lea & Febiger
Washington Square
Philadelphia, PA 19106
215-922-1330

Learning Corporation of America
1350 Avenue of the Americas
New York, NY 10019
212-397-9330

Leisure Press
P.O. Box 1370
El Cerrito, CA 94530
415-232-2454

Lerner Publications Company
241 First Avenue North
Minneapolis, MN 55401
612-332-3344

Linden Press
(Division of Simon & Schuster, Inc.)
1230 Avenue of the Americas
New York, NY 10020
212-245-6400

Lippincott, J. B., Company
East Washington Square
Philadelphia, PA 19105
215-574-4200

Little, Brown & Company
34 Beacon Street
Boston, MA 02106
617-227-0730

Lothrop, Lee & Shepard Books
(Division of William Morrow & Company, Inc.)
105 Madison Avenue
New York, NY 10016
212-889-3050

McKay, David and Company, Inc.
2 Park Avenue
New York, NY 10016
212-340-9800

MacMillan Publishing Company, Inc.
866 Third Avenue
New York, NY 10022
212-935-2000

Maryland State Commission on Physical Fitness
201 W. Preston Street
Baltimore, MD 21201
301-383-4040

Maryland State Department of Education
200 West Baltimore Street
Baltimore, MD 21201

Mayfield Publishing Company
285 Hamilton Avenue
Palo Alto, CA 94301
415-326-1640

MECC
3490 Lexington Avenue, North
St. Paul, MN 55126
612-481-3500

Merrill, Charles E., Publishing Company
1300 Alum Creek Drive
Columbus, OH 43216
614-890-1111

Messner, Julian
(Division of Simon & Schuster)
1230 Avenue of The Americas
New York, NY 10020
212-245-6400

Michigan Dance Association
Barley Community Center
300 Bailey Street
East Lansing, MI 48823

Micro-Matics, Inc.
P.O. Box 2723
Norman, OK 73070
405-364-5500

Micro Scout, Inc.
680 LeeAnne Drive
Yuba City, CA 95991
916-671-7070

Midwest Software
(Division of Zero-One LTD.)
P.O. Box 214
Farmington, MI 48024
313-477-0897

Morrow, William, and Company, Inc.
105 Madison Avenue
New York, NY
212-889-3050

Mountaineers-Books
715 Pike Street
Seattle, WA 98101
206-682-4636

National Association for Sport and Physical Education
1900 Association Drive
Reston, VA 22091
703-476-3410

National Federation of State High School Associations
P.O. Box 20626
Kansas City, MO 64195
816-464-5400

Orange Juice Software System
222 South Washington Avenue
New Richmond, WI 54017
715-246-3588

Oxford University Press, Inc.
200 Madison Avenue
New York, NY 10016
212-564-6680

Pantheon Books, Inc.
201 East 50th Street
New York, NY 10022

Paramount Publishing
800 Roosevelt Road
Suite 413
Building B
Glen Ellyn, IL 60137
312-790-2483

Perigee Books
(Division of Putnam Publishing Group)
200 Madison Avenue
New York, NY 10016
212-576-8908

Peterson's Guides, Inc.
228 Alexander Street
Princeton, NJ 08540

Platt and Munk Publishers
(Division of Grosset & Dunlap)
200 Madison Avenue
New York, NY 10010
212-576-8900

Prairie Book Company
P.O. Box 1244
Plainview, TX 79072

Prentice-Hall, Inc.
Route 9 West
Englewood Cliffs, NJ 07632
201-592-2000

Prevention Magazine
Rodale Press, Inc.
33 E. Minor Street
Emmaus, PA. 18049
215-967-5171

Putnam Publishing Group
200 Madison Avenue
New York, NY 10016
212-576-8908

Pyramid Films, Inc.
815 "E" Street
Box 12176
San Diego, CA 92112
619-461-4282

Quadrangle
The New York Times Book Company
10 East 53rd Street
New York, NY 10022

Random House, Inc.
201 E. 50th Street
New York, NY 10022
212-751-2600

RCA Record Division
133 Avenue of the Americas
New York, NY 10036
212-930-4000

Fleming H. Revell Company
184 Central Avenue
Old Tappan, NJ 07675
201-768-8060

Runner's World Magazine Company, Inc.
1400 Stierlin Road
Mountain View, CA 94043
415-965-8777

Saint Martins Press, Inc.
175 Fifth Avenue
New York, NY 10010
212-674-5151

Sanders, W. B., Publishers
210 West Washington Square
Philadelphia, PA 19105

Scholastic, Inc.
730 Broadway
New York, NY 10003
212-505-3000

School of Physical Education and Recreation
University of British Columbia
6081 University Boulevard
Vancouver, B.C. Canada V6T1Y3

Scribner's, Charles, and Sons
597 Fifth Avenue
New York, NY 10017
212-486-2703

Sierra Club Books
2034 Fillmore Street
San Francisco, CA 94115
415-931-7950

Silver Burdett Company
250 James Street
Morristown, NJ 07960
201-285-7700

Simon & Schuster
1230 Avenue of The Americas
New York, NY 10020
212-245-6400

Society for Visual Education
1345 Diversey Parkway
Chicago, IL 60614
312-525-1500

Sportshelf and Soccer Association
P.O. Box 634
New Rochelle, NY 10802
914-235-2347

Stackpole Books, Inc.
P.O. Box 1831
Cameron & Kelker Streets
Harrisburg, PA 17105
717-234-5041

Sterling Publishing Company, Inc.
2 Park Avenue
New York, NY 10016
212-532-7160

Stone Wall Press, Inc.
1241 30th Street N.W.
Washington, DC 20007
202-333-1860

STX-Inc.
1500 Bush Street
Baltimore, MD 21230
301-837-2022

160

Sunburst
P.O. Box 1433
Tacoma, WA 98401
206-847-8063

Thomas, Charles C.
2600 South First Street
Springfield, IL 62717

Thor Publishing Company
P.O. Box 1782
Ventura, CA 93002
805-648-4560

Ticknor and Fields
52 Vanderbilt Avenue
New York, NY 10017
212-687-8996

Times Books
3 Park Avenue
New York, NY 10016
212-725-2050

Times Mirror/Mosby
11830 Westline Industrial Drive
St. Louis, MO 63146
212-687-3000

Troll Associates
320 Route 17
Mahwah, NJ 07430
201-529-4000

University of South Florida
Division of Educational Resources
4202 East Fowler Avenue
Tampa, FL 33620

Vanderbilt Press
2505 West End Avenue
Nashville, TN 37203
615-322-3585

Vantage Press, Inc.
516 W. 34th Street
New York, NY 10001
212-736-1767

Viking Press, Inc.
40 W. 23rd Street
New York, NY 10010
212-807-7300

Visual Media
(available from Mook and Blanchard)
547 South Hofgaarden
La Puente, CA 91744

Walck, Henry Z., Inc.
750 Third Avenue
New York, NY 10017

Walker & Company
720 Fifth Avenue
New York, NY 10019
212-265-3632

Walt Disney Educational Media
500 South Buena Vista Street
Burbank, CA 91521
1-800-423-2555

Wanderer Books
(Division of Simon & Schuster)
1230 Avenue of The Americas
New York, NY 10020
212-245-6400

Watts, Franklin, Inc.
(Division of Grolier, Inc.)
387 Park Avenue South
New York, NY
212-686-7070

West Publishing Company
P.O. Box 64526
50 W. Kellogg Boulevard
St. Paul, MN 55164
612-228-2500

Westminster Press
925 Chestnut Street
Philadelphia, PA 19107
215-928-2700

Wiley, John and Sons, Inc.
605 Third Avenue
New York, NY 10158
212-850-6418

Winchester Press
New Century Publishers, Inc.
220 Old New Brunswick Road
Piscataway, NJ 08854

World Publishers
6223 Selma Avenue
Suite 201
Los Angeles, CA 90028
213-469-2333